CRIMSON LOG 2022

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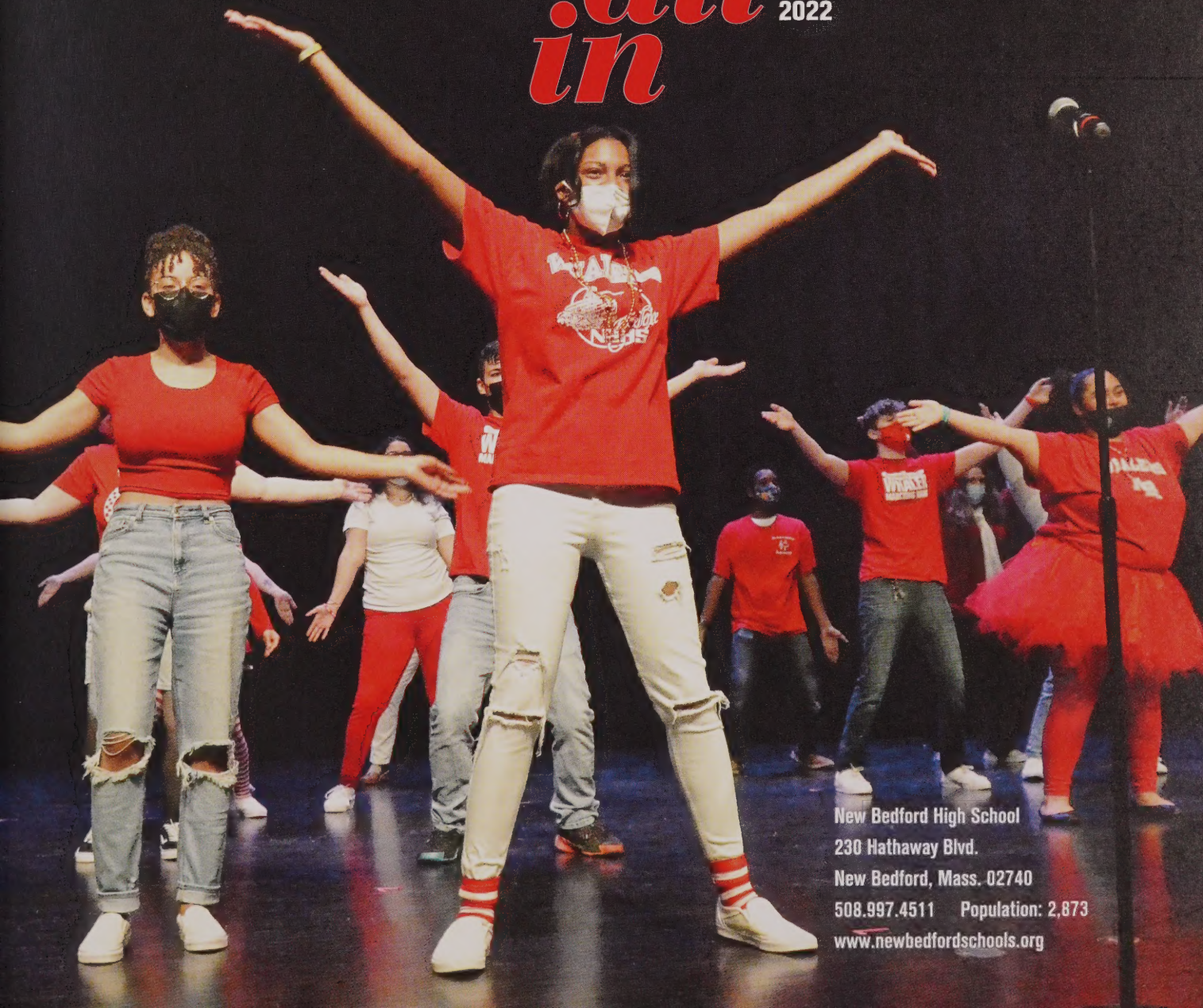
Dance, dance, dance. (Far left) Junior Brandon Saint-Louis is all in on the dance line at the Winter Dance in December.
On stage. Senior Aydan Sullo, freshman Margaret MacRamos and sophomore Kiva Bank are all into their characters as they perform at the winter play, "The Skin of Our Teeth."
Raising spirit. Seniors Raven DeGrace (left) and Sydni Colson are all in with their talent as they sing with Show Choir at the Spirit Rally, held in the auditorium due to Covid restrictions.

We're all in

THE CRIMSON LOG 2022



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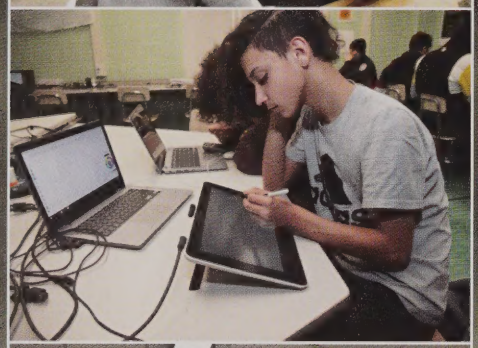


From top

Build it. Senior Kennedy Franklin and junior Savannah Laubenstein and build letters in Alanna Boucher's 3D Art class. "Students are taking charge and problem solving. I can't wait to see how they add personalized designs," Boucher said about the project.

Technology. Freshman Elijah Oliver works on a project in his Intro to Digital Arts class during third period.

Stacking up. (From left) Sophomore Isabel Morck and seniors Ian DaCosta, Emily Desouza and TyAnna Fernandes use pieces form the game Buildzi in Journalism class as a fun bonding activity early in the year. Their team's challenge was to compete against other teams to build the highest tower in a fixed amount of time.

Team motivation. Amelia Davis and Jalysa Noriega cheer on Michael O'Leary during a swim meet.

Brass. Senior Danny Lopez (main photo) performs at halftime of the home game against Barnstable on Oct. 8

We're all in

We're all in classes that bore us, classes that thrill us, and ones that we enjoy on an individual basis.

We're all in this together, but we're all different people.

We're all in the throes of Covid, but we're bound together. Our distinctiveness serves to define ourselves and set us apart from others.

They call it Whaler Pride. That means we are proud of ourselves and respect ourselves. Our individuality is concerned with ourselves in the world, with our place, free will, and life purpose.

Whalers are powerful, creative problem-solvers and critical thinkers with strong ideas. We work well together and communicate in our unique ways. The variety speaks for itself. We're all together, finding our way.

We're all in.

GET
BENTLEY
FOOTBA

We're all included

We're all included.

Every single student here is diverse, different from the others. No one student is like the next.

The school offers multiple ways to express ourselves and highlight the kind of people we are and want to be. We all feel a need to be included, and make others feel included, in classes and events.

We're all included in the action, like juniors Hannah Pereira and Aliana Areias, who brought their spirited energy to the home football game in October.

We work hard to overcome adversity and include one another. Each time we open our hearts to understanding a person's differences, we create a safer and more diverse space within the school and the community.

STRIKE UP THE BAND

Marching Band shines when competing and performing

Marching band is an important and expressive part of the high school.

Kathleen Sprissler, senior drum major, said about her responsibilities as a leader, "I conduct the band, giving them the tempo for the entire show. I also bridge the gap between the staff and the students, communicating the student's ideas to the staff in order to create a cohesive group."

While there were a lot of responsibilities being in band, members said it was a lot of fun, too.]

"Before going onto the field we get to hold hands," Sprissler said. "We feel a lot of support from each other, helping to calm the nerves before we perform."

Junior drum major Makenna Calvao said, "I believe my most memorable moment as drum major this year would probably be home competition. Being at your home field helped me radiate Whaler Pride and even though I tripped getting up onto the podium. I felt so alive and proud of our band. Saluting after hearing we got first place was truly a reflection of our hard work."

"My favorite part Colorguard is being able to put all my emotion and into each movement and really live in the moment"
Sarah Bartolomey, junior

Matthew Lima, senior

Cassandra Ellis, sophomore

BAND TIME

"Even as a student who knew nothing about music or playing the flute, I found a family that I will never forget, and memories I'll cherish forever."
Senior Kyanna Morse

"Marching band is amazing because I have been able to perform really dynamic pieces with students who I consider family and can have fun practicing with."
Sophomore Lillie-Marie LeClair

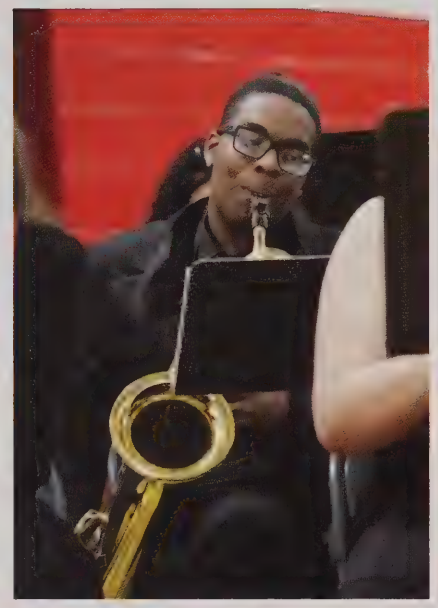
we're all interpretive

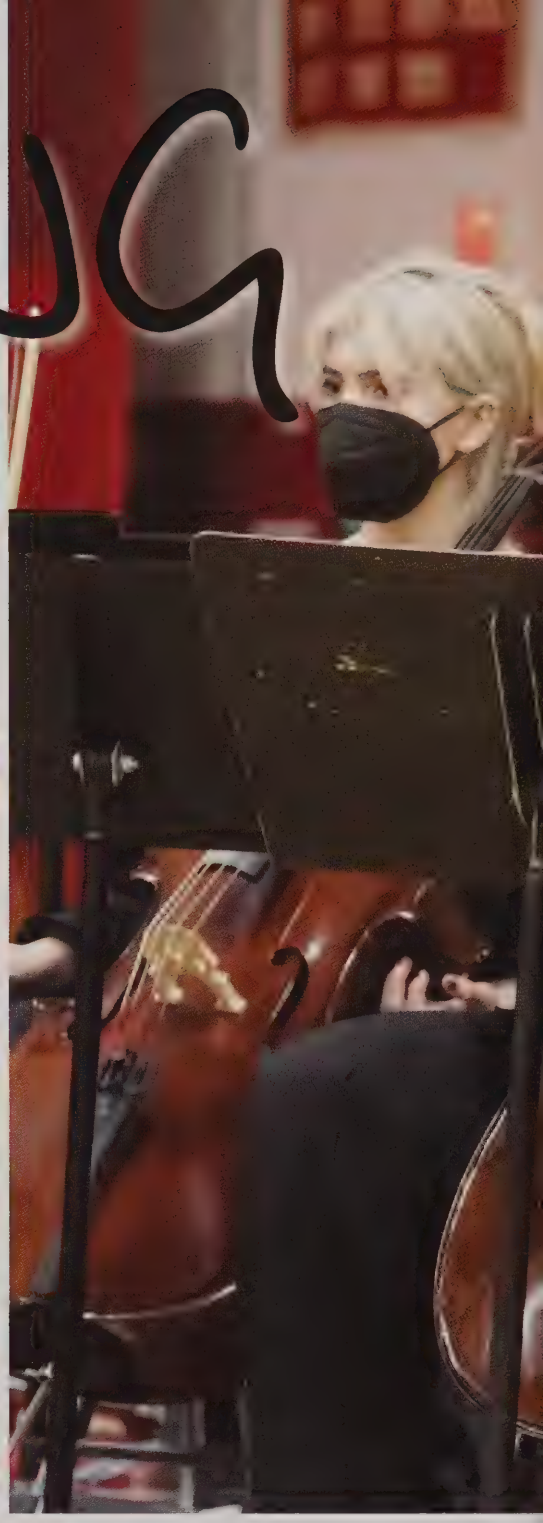
"Colorguard is another outlet to get stress out. Because it was such a small group, I got to grow closer with the girls. Getting to be captain this year taught me a lot about myself and leadership."
Isadora Sylvia-Ribeiro, senior
Colorguard captain

"Colorguard has definitely been a creative outlet for me and throughout my years of doing it, I started making really deep connections with everyone."
Vanessa Albino, junior

HITTING THE RIGHT NOTES

Musicians shine in public performances

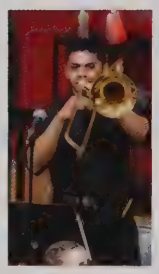




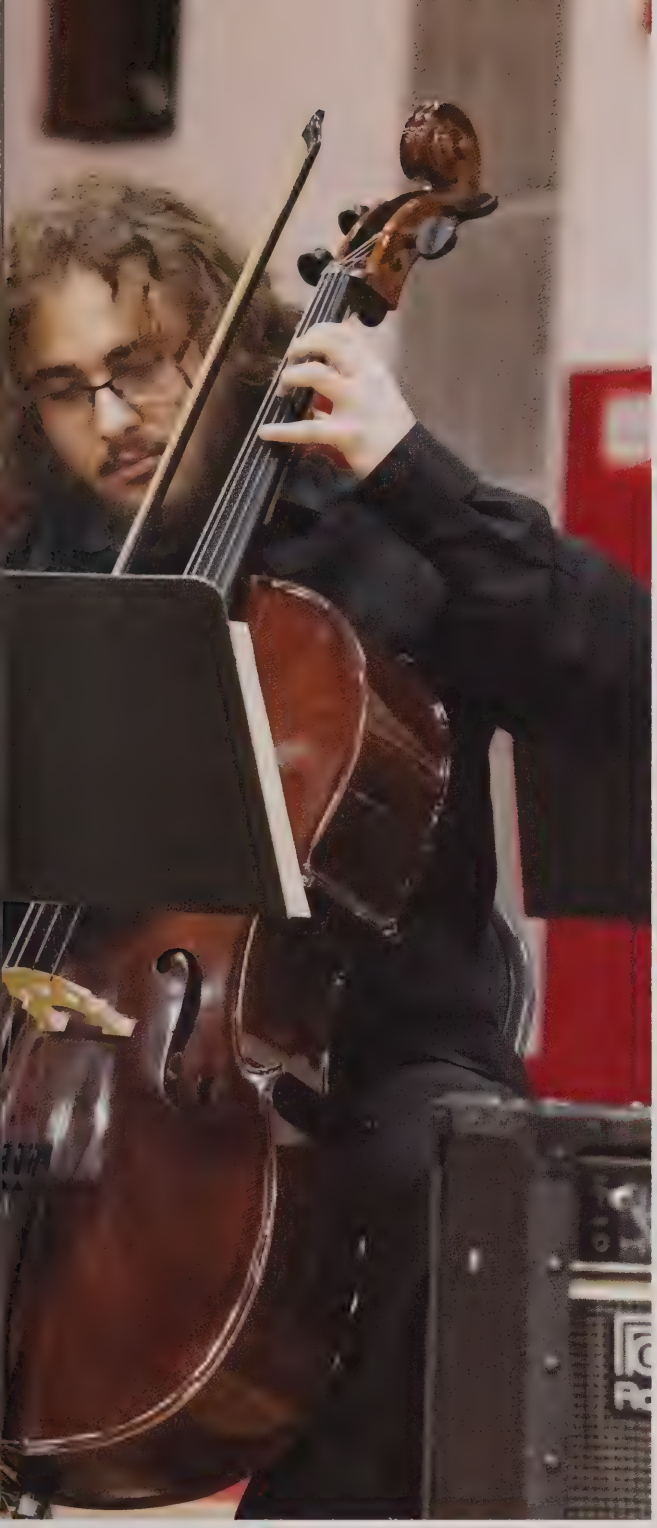
Three students win the Musicianship Award

"The outstanding musicianship award is only given to three students from each band and to be included in that small group was very fulfilling."
Jayden Santos, junior

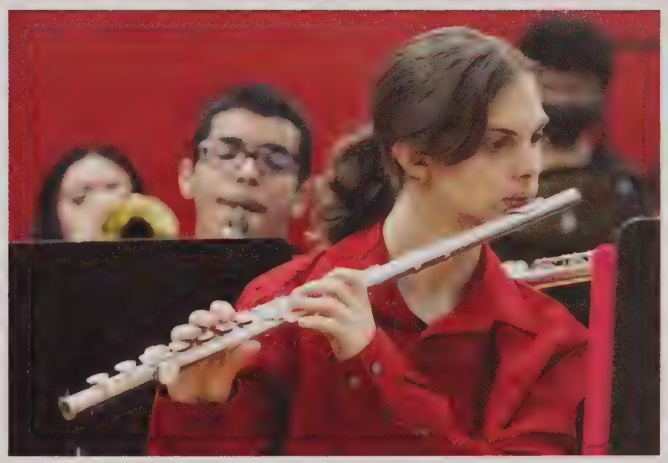
"I put hours and hours of practice till I got the results I wanted! But most importantly, I played my instrument with passion."
Danny Lopez, senior



"Getting the musicianship award at MAJE truly reflected the hard work that I have done, and has truly pushed me to improve and learn so much more about jazz."
Makenna Calvao, junior

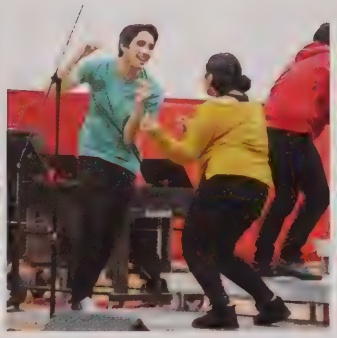


Clockwise from main photo
Stringing along. Senior Messiah Ridgley plucks his cello while playing with the orchestra at the 2022 Pops Concert.
Leading the choir. Choir teacher, Lynne Dandeneau, conducts the choir group during the 2022 Pops Concert, which took place in the gymnasium.
Band. Senior Kyanna Morse plays the flute at the Pops Concert.
Sing. The Treble Choir sings at the Pops Concert. Treble Choir wa composed of first and second sopranos and altos.
Brass. Senior Edrian Ortiz plays his saxophone during the Pops Concert.

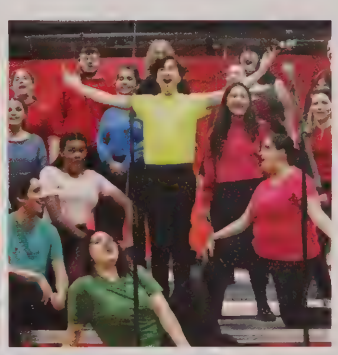


LET'S GROOVE TONIGHT! STUDENTS SING AND DANCE TOGETHER THROUGH THE TOUGH TIMES.

Senior Zavion Robbins

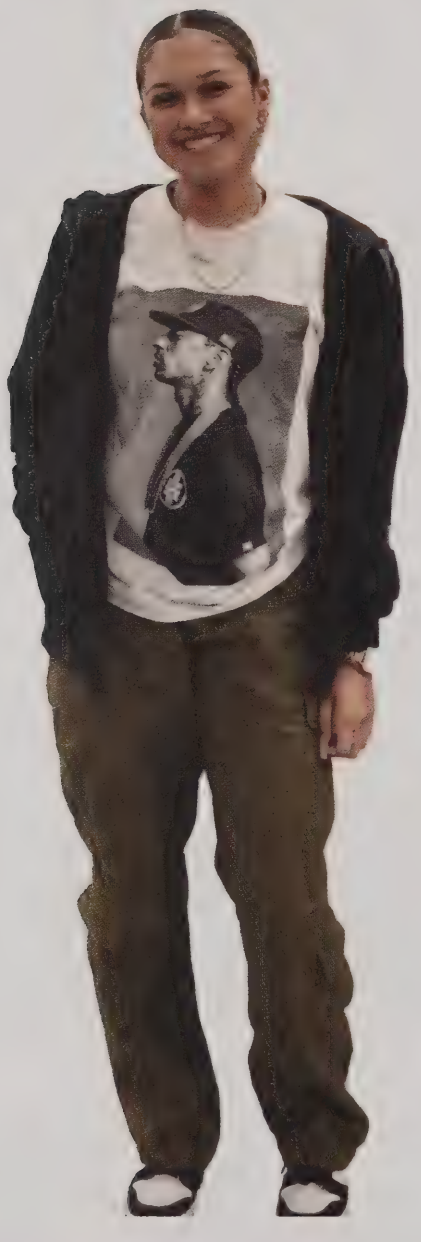


Senior Sam Jupin and sophomore Destiny Garcia



Senior Aydan Sullo

What's your style?



Dakota Lobo, senior

"I'm more comfortable in streetwear. I love shopping online with Fashion Nova, Nike, or Shein. TikTok is much of my inspiration, as well as the people around me. I like to build off my surroundings."

Tatum Reis, junior

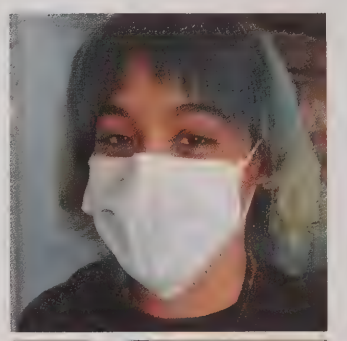
"My style is extremely varied. I mostly thrift, or shop online. I like Motel Rocks a lot. I love Bella Hadid, and getting outfit inspo from TikTok."

Saray Rios, sophomore

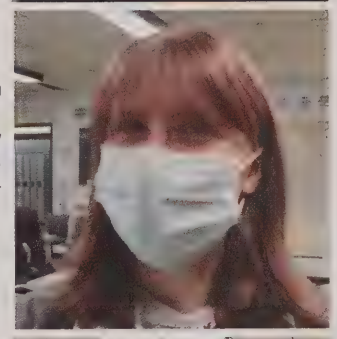
"I like to call my sense of style more groovy 2000s. I mostly thrift and wear what I like. I take alot of my inspo from pinterest or Bella Hadid."

Students find fashion inspiration from a wide variety of sources

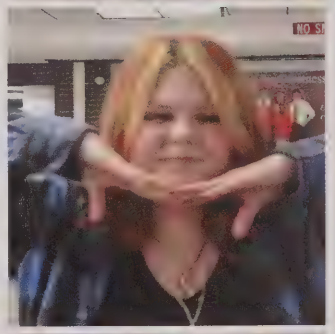
HAIR TO DYE FOR



Natalia Dumas
sophomore
"I wanted to change it, dyed it like 6 times before this. I ran out of green hair dye, so I used what I had under my sink."



Tay Lincoln
freshman
"I dyed it purple for my cousin who was diagnosed with cancer–Hodgkins lymphoma."



Maya Ferbert
sophomore
"I saw a lot of my friends doing this color. I liked the combo because it reminded me of my favorite season, fall."

Saray Rios
sophomore
"I needed a change, and I really loved the color red."

Sydni Colson, senior

"I like to shop with Hollister or Shein. I found my comfortable style in more trendy streetwear. I love to look at Pinterest and see what I can be inspired by."

Asmaa Elmoussaoui, senior

"My style is pretty fluid. I take much of my inspo from Kylie Jenner or Pinterest. I love to shop online, like Pretty Little Thing or Oh Polly, and I love PacSun."

Clockwise from main photo.
Dance kings. Seniors Sam Jupin and Angel Cruz at the fall dance. "Angel Cruz and I had just won senior royalty, and we had to celebrate with a slow dance. It was dizzying because the DJ didn't stop, but it was fun nonetheless," Jupin said..
Partying. Junior Kelsey Nickerson dances with a group of other students.
Celebrate. Seniors Dona Bonnie and Leticia Rivas dance together.
All together. A dance party among a group of students.
Rembering the moment. Senior Kennedy Franklin takes a photo of a group of students.
Dancing. Juniors Endylise Cartagena and Jeraly Estrada dance together.

dancing THE NIGHT AWAY

The fall dance is the first major indoor social event since the Covid shutdown

Meadow and Joclyn McCarthy, juniors

Aaron Howard, social studies teacher

Shanelli Rivera Ramirez, junior

Luis Bonilla, math teacher

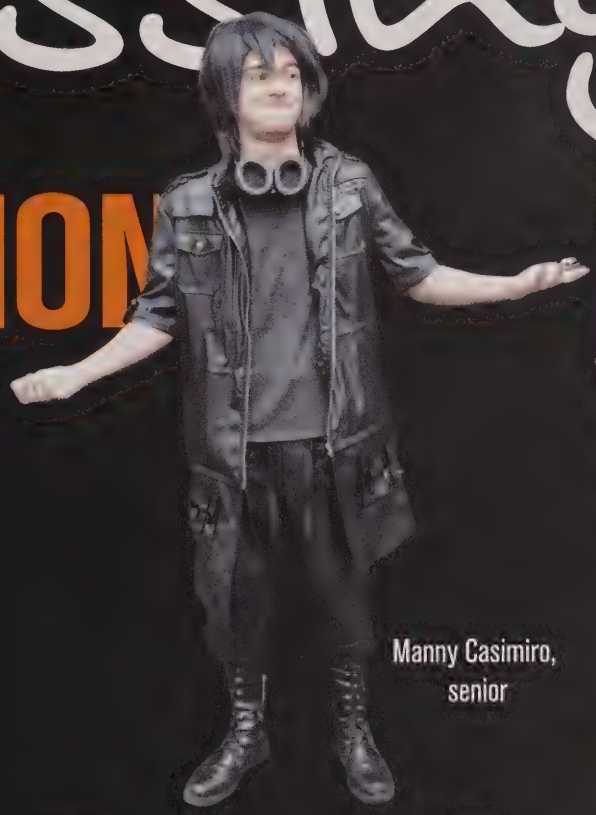
The mystery costume!

Jay'Ley Soto, junior

Alicia Cortes Reyes, freshman

dressing FOR THE OCCASION

Students go all out for Halloween

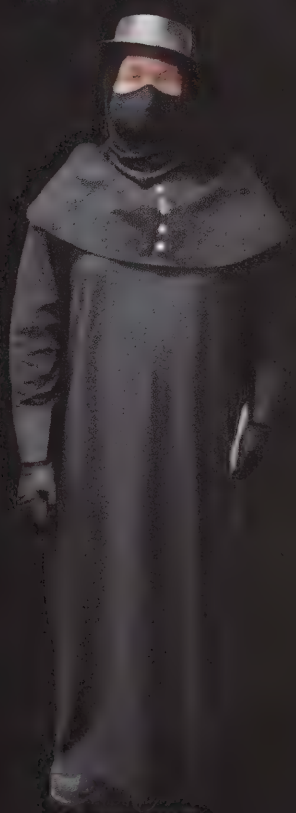


Manny Casimiro, senior

Eliot Spooner, junior

Nathan Duclos-Rickard, science teacher

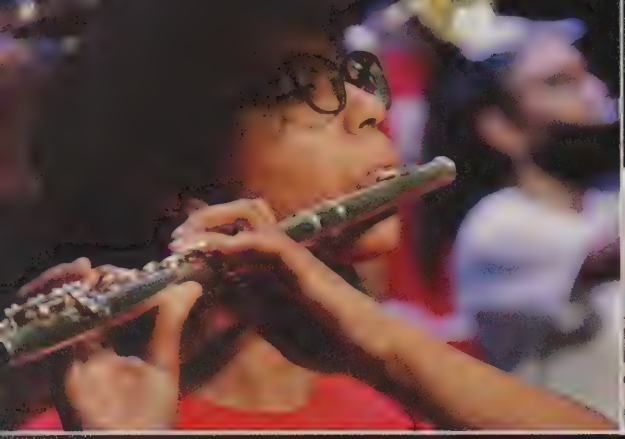
Alita Gwin, junior



Cameron Flynn, junior

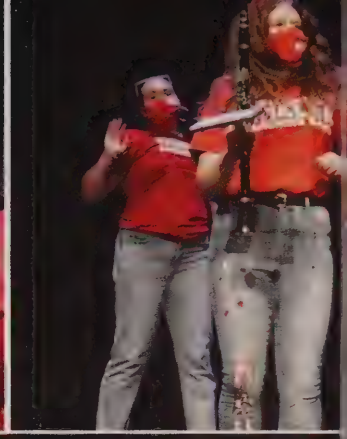
Rory Hess, freshman

dress-up days



Freshman Jetzibehl Rosario

Senior Kyanna Morse, junior Sarah Silveira,

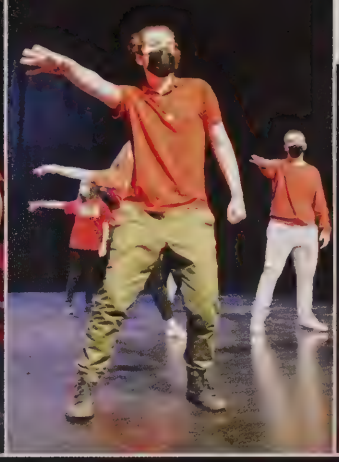


Senior Kathleen Sprissler

Raising THEIR SPIRITS

Pandemic moves Spirit Rally to auditorium

Sophomore Lillie-Marie LeClair



Senior Aydan Sullo

Freshman Luis Morales

Seniors Daija Nunes and Emma Gendreau

From left, seniors Anderson Madrano, Anderson Cruz, Ryan Dosenberg, Luis Lopez and Demitri Fontanelle

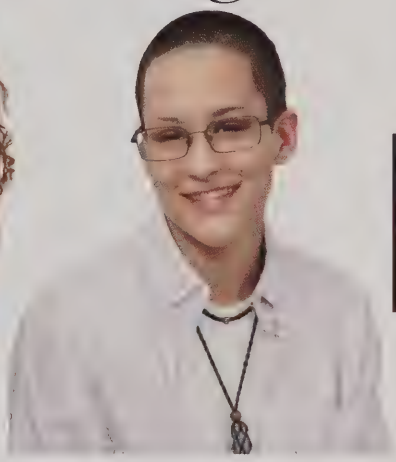
Senior superlatives

Class of 2022's mosts and bests

most positive

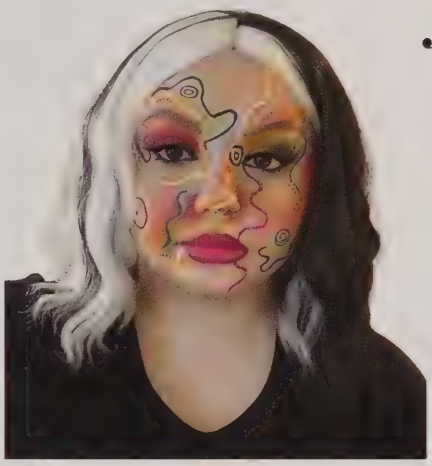
Lisbeth Rivas

best hugs



Jaidyn Chor

most artistic



Arianna Tessier

funniest

Ke Shawn Willie-Bennett

best bromance

Jordan Graham & Diego Serra

most musical

Aydan Sullo

best couple

Brooklin Henriksen & Katie Sprissler

best dressed

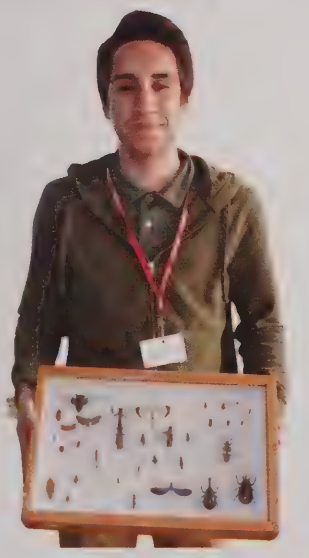
Isadora Sylvia-Ribeiro

Alex Rios

best gal pals

Raven DeGrace & Sydni Colson

most adventurous



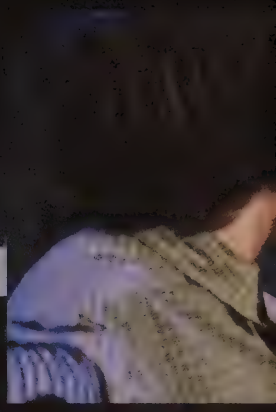
Sam Jupin

most likely to change the world

Sydni Colson

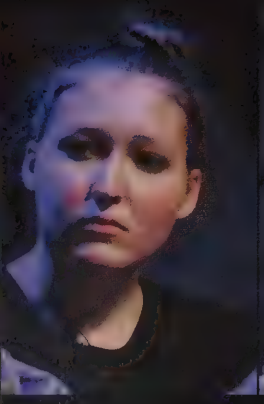
most likely to cheer you up

Dakota Sousa



Jaelyn Rodericks: Ensemble
"Jae was very lively in the production and greatly enhanced the atmosphere created by the ensemble. Their performance as the mammoth was especially entertaining and they always dedicated time and effort to their work," freshman Mariam Hasab said.

Kiva Bank: Henry Act 1
"Kiva did an outstanding job within the play this year! She made very conscious choices with her character in order to portray the role of Henry. Not only did she do great performing her character, but also working with the two other actors who played Henry to create continuity between the acts, despite having different actors," senior Kathleen Sprissler said.



Olivia Viera: Mrs. Antrobus Act 1
"Olivia is an amazing performer who puts her all into every production," junior Kailey Marie Sousa said.

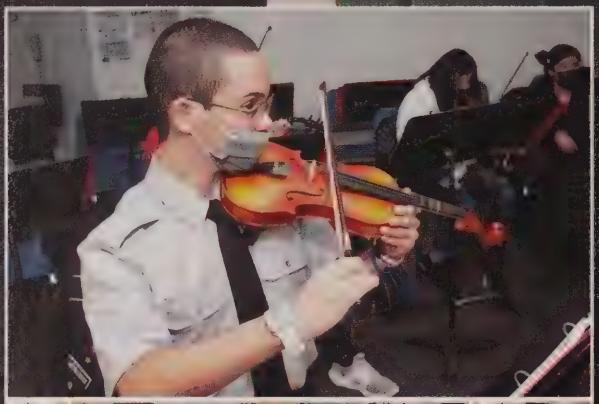
Aydan Sullo: Mr. Antrobus
"The dynamic that was created throughout the show between Mr. Antrobus (Aydan) and Sabina (Isadora), was truly impeccable and their portrayal of each contrasting individual personality in each act truly made the audience more and more intrigued," junior Makenna Rose Calvao said.

Isadora Sylvia-Ribeiro: Narrator
"Isadora was very animated as Sabina, and gave the audience a captivating performance that entertained them through the ages, quite literally from the Ice Age to the Great War," sophomore Kiva Sweetser Bank said.

THE MORE THINGS change

Disaster is looming in winter play, "The Skin of Our Teeth"

We're all informed



We're all informed.

Although high school is about a lot more than academics and grades, academics are important to all of our high school experiences.

We all have a class or teacher that changed the way we thought about high school, or even the world. At the end of the primary school experience, we will look back and remember all of the small things that became important with time, including individual lessons, mentor teachers, personal interests and learning styles, and much more.

Academics is more than just passing tests and getting grades, it's a foundation for life.

Senior Jonathan Mills is all in on his Robotics build. Hsaid the task was to build "building our robots to cator to a specific task for a compatiotion. the compatition we are currently practicing is called tipping point. the goal of the event is to get as many rings on to pilons to get points then we can move those pilons onto a ramp with the robots for even more points. the team with the most points in the end wins

One step at a time

By Sam Jupin

Science can be defined as the process by which people learn about the world through a series of steps, known as the "scientific method."

The scientific method consists of six steps: make an observation, ask questions, form a hypothesis, make a prediction, test the prediction, and iterate based on results. As it turns out, many science teachers find this process finding its way into their teaching styles and classroom process.

"It's all about leading with a question," said Ava Gagnon, biology teacher, as she compared running a lesson to taking part in a lab. You make observations, and base your course of action on what you see within the class, and even the individuals.

Kevin Flynn, an Integrated Science teacher, said over Teams, "I'll observe different learning styles students learn best with (for example: hands-on learners, visual, oral learners). After my observation, I'll come up with a strategy or learning activity that will best suit their style of learning."

As the scientific method goes, the experiment carried out gives the scientist a data response. The results drawn from feedback in school (usually test scores) are then used by teachers to create a modified experiment that they will use for their next year. Needless to say, these past few years have made this part of the process a necessity.

Last year, the school had to go full remote and teachers learned a lot from it. The response teachers received resulted in a difficult time for both students and teachers. This year, digital learning was integrated into their daily classes as the next step of the giant annual experiment known as school.

17 percent of students said AP Biology was the hardest AP class

6 percent of students said AP Chemistry was the hardest AP class

science is **BROAD.** narrow it down

Flying High

Science Olympiad competed in different events in March at Framingham State University. They competed in Study Events, which entailed studying for different types of tests on a college level, and Build Events, in which competitors had to construct things to test during the competition. The team consisted of 22 members, some of whom acted as "side-liners" who study to be backup, as well as lead their own events. The team finished in 35th place in the state.

Club Vice President Phillip Tran (left) and President Mason Ferbert work on the launcher mechanism for their entry in the competition, which tasked teams with sending a ping pong ball in the air via a rocket made from a plastic bottle. The winning team was the one whose ball stayed airborne the longest.

"Science Olympiad is many things to me," Ferbert said. "It has taught me a lot about what I wanna do in my life and given me a group of students I feel I can truly relate to. I don't think I would be the same person without my experience in the Science Olympiad."

Biology
The study of life

Geology
The study of the earth

Entomology
The study of insects

Psychology
The study of the mind

Astronomy
The study of outer space

Chemistry
The study of substances

Anthropology
The study of humanity

Botany
The study of plants

New Bedford show choir shines light on injustices

We're all in tune

Who composed that?

"Rhythm Nation" was composed by Janet Jackson, Jimmy Jam, Terry Lewis, and Sly Stone, all of whom are people of color.

"Ease on Down the Road" was composed by Charlie Smalls, who was a musician of color, for the musical "The Wiz," which was a retelling of "The Wizard of Oz."

"September" by Earth Wind and Fire was composed by Maurice White, who sang lead vocals for the group.

By Brooklin Henriksen

The Show Choir was a long-standing group and was one of the largest extracurriculars within the high school, with new students joining every year. Many alumni came back to help choreograph and direct the Show Choir rehearsals.

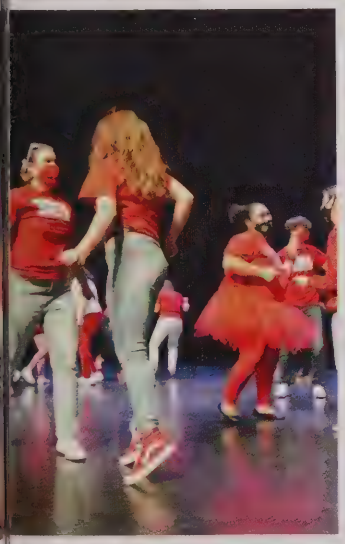
The main woman in charge, however, was Lynne Dandeneau. She said she knew that many of her Show Choir students came from underrepresented groups and said that is important to acknowledge in her teaching.

Dandeneau said, "I realized that I have been doing a disservice to my kids, and it is important to make myself and my students more aware of injustices, along with audiences."

Dandeneau created a beautiful safe space within her room for kids who were different for years. A pride flag and Black Lives Matter sign hung at the very front of her room.

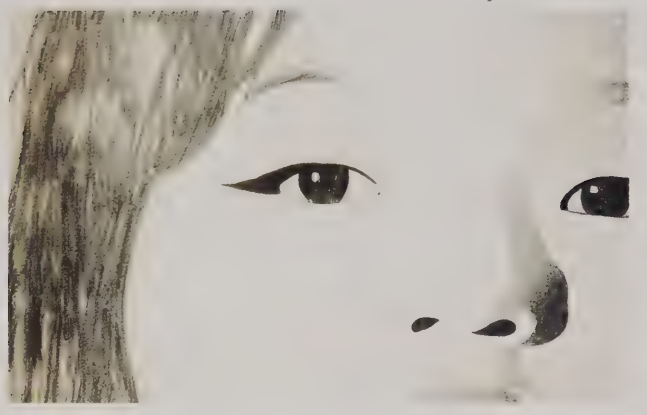
Show Choir's theme was composers and artists from underrepresented groups. This year's set list consisted of "September" by Earth, Wind and Fire, "Rhythm Nation" by Janet Jackson, "All That Jazz" from the musical "Chicago" and "Ease on Down the Road" from the musical "The Wiz." "September" was composed and performed by black artists, as was "Rhythm Nation" and "Ease on Down the Road." "All That Jazz" was a song highlighting early feminism, famously performed by empowered women. Dandeneau said that although she loved every song and performance for various reasons, her favorite song on this year's set was probably "September."

Dandeneau and the entire show choir felt so excited and lucky to be experiencing this and sharing it with audiences.



Clockwise from above
September. Show Choir students perform their opening number at the Spirit Rally during Spirit Week. Due to Covid, the rally was held in the auditorium and live streamed into advisory classrooms.
Practice. After school rehearsals were held every Monday and Thursday in the choir room. Students in Show Choir rehearse "September" choreography.
Performance. (Middle two photos) Show Choir members perform at the Spirit Rally the day
All together. Show Choir seniors prepare to move forward from their extracurriculars after high school. Senior Kerianne Green (striped shirt) credited Show Choir and director Lynne Dandeneau as the best part of her high school experience.

Artwork by Tiara Hatchett



Artwork by Ari Driscoll

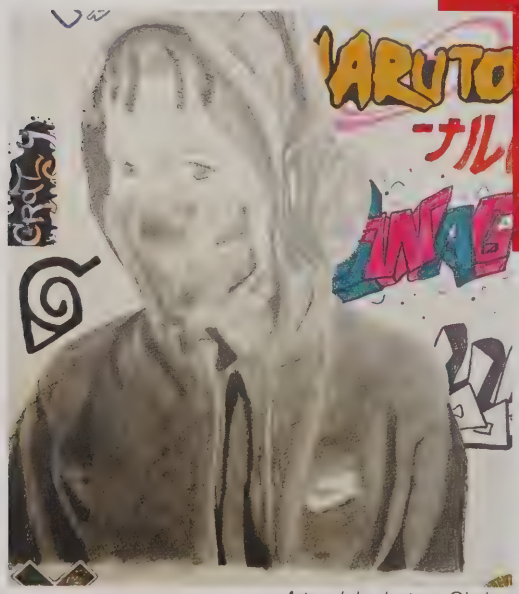
Whaler Pride in art

By Kishan Patel

Whaler Pride can be conveyed in all aspects of our school department, especially the art department.

Three students won the New England Emerging Artist Juried Exhibition for 2021. About 10 students from NBHS honors art and other classes submitted art pieces that competed with 656 submissions from across all six New England states.

The three students who won were Emma (Cleo) Almeida, Elijah Demello and Arianne Driscoll. Demello's artwork was featured in the final poster with the top winners from other states. This is the third time the school participated and the second time making it to the top 100.



Artwork by Justyne Chalue

Artwork by Jeannya Rodriguez

Artwork by Elijah DeMello

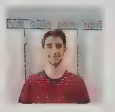
Anatomy of an art project

For Alanna Boucher's Intro to 3D Art class: Build a three-dimensional letter or number out of cardboard, 8-12 inches tall

Letters and numbers (From top) Marly Ventura Soc, Sandra Gonzales Tix and Skyler Corte-Real work on their letters and numbers. The project was a 12-day process, and the students were at around the halfway point, either finishing building the letter or number or applying paper mache over the surface. They would then have four days to paint and/or draw over the surface of the letter or number before taking a photo if it to upload to Teams.

Classes with the biggest influence

What is the hardest AP?

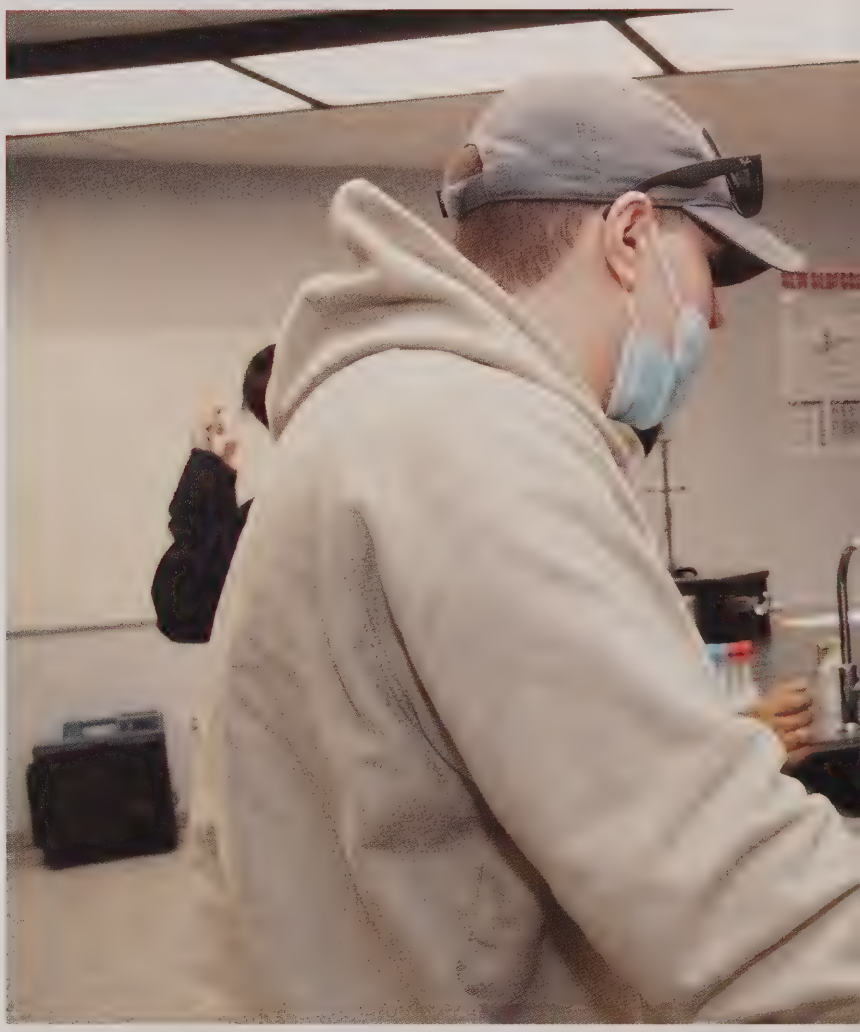


"Well, with AP Seminar, they are just throwing you into an AP at the start of freshman year for the most part. AP Research is just a continuation of the AP Capstone program and AP Seminar."
Sam Jupin, senior

"I would recommend (AP US History) to other students if they liked government and legislation but, if not, don't take it! Mr. (Jamie) Sylvia is a nice teacher, but I wouldn't take it again. We had it easier while in COVID."
Vanessa Albino, junior

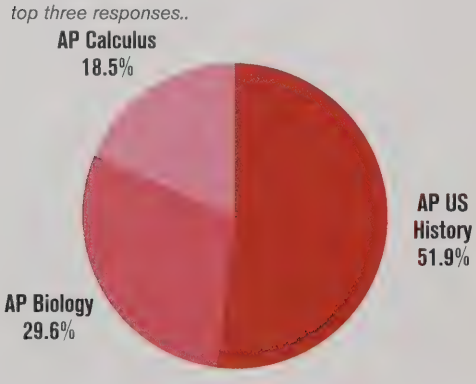
"I am not very good at math and I failed the test for AP Calculus. I would probably say that the speed of going from one topic to the next made in such short periods of time made the class hard."
Raven DeGrace, senior

"I would recommend AP Physics to other students because it is fun and easy. It feels impossible until you understand it, and it becomes easier."
Aaron White, junior

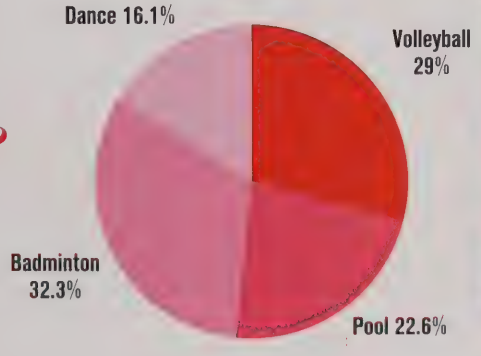


Which AP class was hardest?

Students were asked which AP course that they completed was the most difficult. These are the top three responses..



What was your favorite gym activity?



Fixing things up

The new finance lab

The finance lab opened in December of 2019 with a ribbon-cutting ceremony, though it got little use initially because of the pandemic. Head of finance and manager of career vocational-technical education Christopher Cummings ensured that the lab equipment and furniture were in good working order and that they were utilized to optimize financial and business learning opportunities.

"There's a lot of analysis that kids do in there, and it's a very collaborative learning place, which lends itself to having students work together...I think they love it because we have the livestock ticker," Judith Lima explained. Finance and Business classes are among those who use the lab on a regular basis.

photos: Mason Ferbert

Pool closure

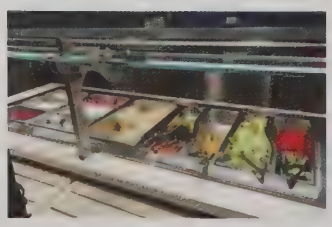
"What happened to the pool?" you may be wondering. Let us explain.

Head swim coach Tim Curry said, "Below the diving board area is filtering. The filter room is old. It's about 50 years old. The concrete floor in the pool area has eroded a little bit which caused some water to leak." This mishap has caused the school to close the school's pool due to safety concerns. photo: Mason Ferbert

After the pool was closed due to the concrete floor of the pool being eroded, the swim team has had to move operations to the UMass Dartmouth pool. Assistant coach Micheal Gryss said, "We have not been able to work out in our facility. We have to use the UMass Dartmouth pool. The students have had to endure long bus rides to and from the university. But the students have endured all of this and have shown their resilience and tenacity."

photos: Mason Ferbert

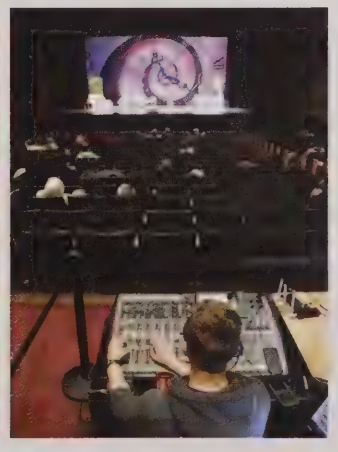
The cafeteria remodel



photos: Claudia Tino-Tzoc

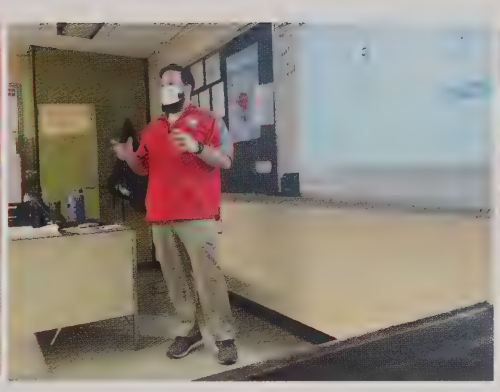
What was it like during the elevator renovations?

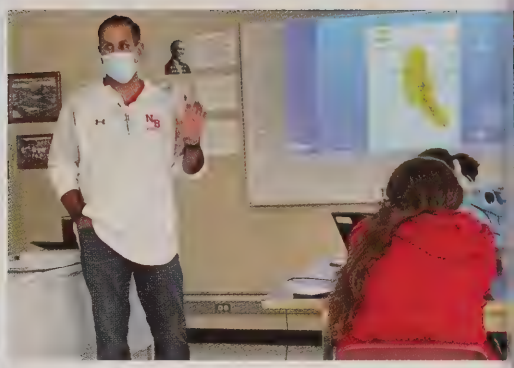
The elevator kept experiencing technical difficulties in the fall and was shut down sporadically. This created a lot of challenges for injured and disabled people, making it difficult for them to get around.



Light board

The auditorium's light board was brand-new, and the Drama Club put it to full use. Sophomore Shea Lowney handled lights and sound for productions. "I'm so thankful we are able to use these resources to make our shows amazing." Lowney said.





Teacher's input

Some teachers have been around a while and have a ton of classroom experience. Here's what they've learned.

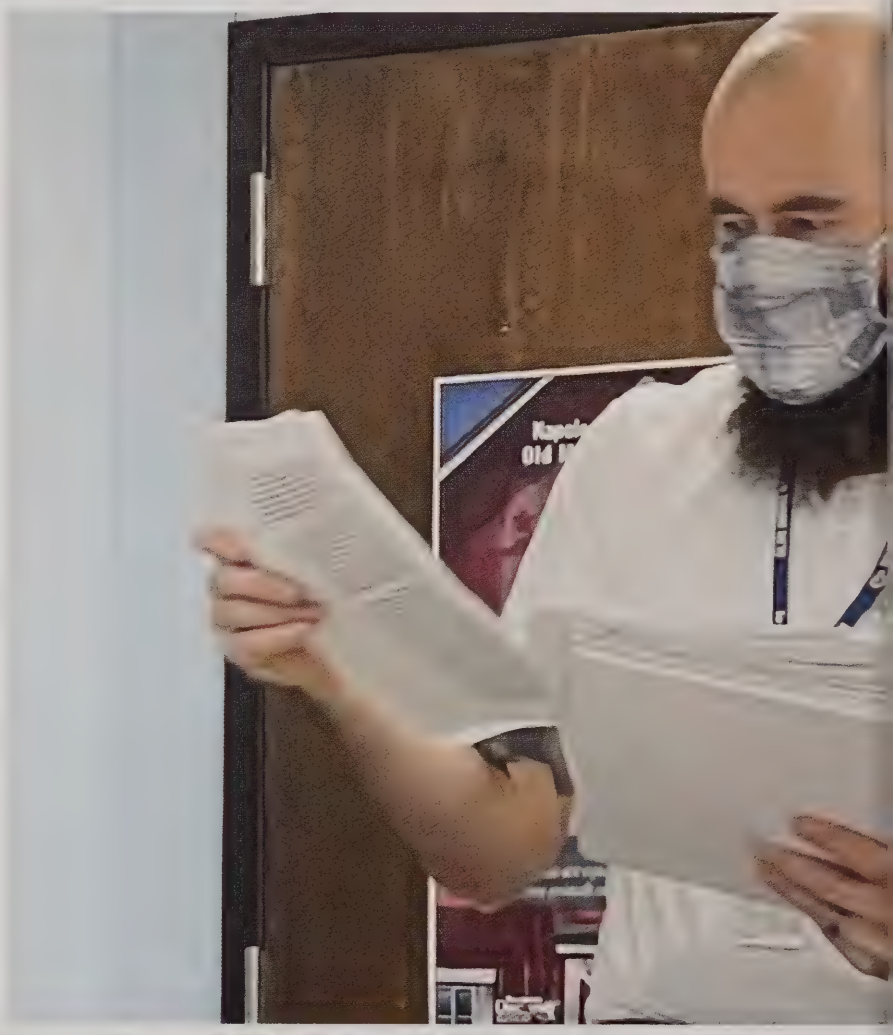
By Elizabeth Raposa

Students take the teachers who have been here for a long time for granted. They assist in achieving learning goals on a daily basis, and they each have their own unique story about how and why they ended up here.

The teachers have taught here for many years and have helped each of us in some manner, one day at a time. Each instructor detailed the many challenges they have when educating high school students, as well as how COVID-19 has affected their ability to work efficiently.

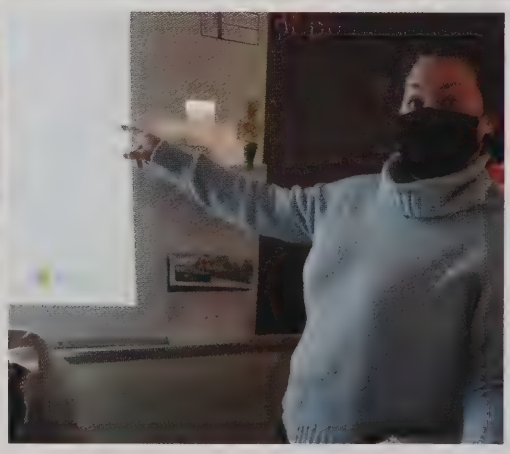
"Math is a cumulative subject and missing for instruction for more than a day or two can snowball quickly," Karen Sylvia said. As a result, when they have peer mentors, they benefit from employing them. Peer mentors, they said, are beneficial in the classroom because they may assist with instruction or correction.

The teachers said that they have experienced numerous great things during their time teaching here that have influenced them.



Poetic license. Craig DeMelo teaches four English classes (dual enrollment and 10th grade), as well as Poetry and Survey of Philosophy. "I like teaching English because I get to proselytize about the universal wonders of literature and poetry," he said. High school, he said, can be difficult because people mature at various rates. *photo: Elizabeth Raposa*

Good health. Kady Plante-Zsady has nearly 30 years of experience as a health educator, teaching at all levels. She said the most difficult part of teaching is making compromises for the work. The most rewarding aspect is when former students remember her years later. *photo: Elizabeth Raposa*



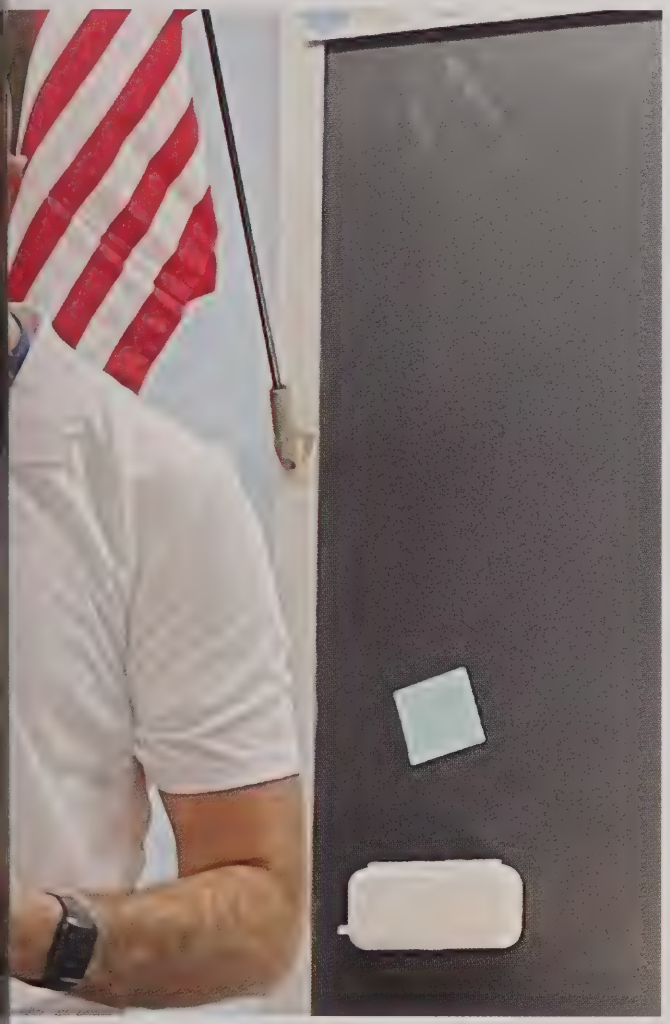
Scientific method. Ava Gagnon teaches General Biology, Pre-AP Biology, and AP Biology. She said, "There are episodes of 'drama' in the school from time to time," but wouldn't necessarily classify it as a concern. She is firm with her students, but they are aware that she cares about each of them. *photo: Brooklin Henriksen*

We're all influential!

Karen Sylvia teaches three levels of Algebra II this school year – honors, general education, and SEI. She said that the most challenging component of teaching high school pupils was trying to fill in any gaps caused by absenteeism and that missing a day of math could quickly snowball, which Covid did not help with. *photo: Elizabeth Raposa*

Christopher Grande has worked at NBHS for nine years, teaching US History II and AP European History. He had a few student mentors and a co-teacher, Mr. Aguiar, who helped him conduct the class. He said that teaching high school pupils how to deal with hardship is the most difficult component of his job. *photo: Elizabeth Raposa*

Jamie Sylvia has taught for 24 years, with experience in AP US History, US History Honors and Psychology. He works with a student mentor who assists him with quiz corrections. Seeing a student succeed later in life motivated him to keep students interested in the topic and on track. "I believe students understand that I am concerned about them as individuals, that I enjoy what I do, and that I strive to bring that energy to them every day. Our students have my full support," he said. *photo: Elizabeth Raposa*



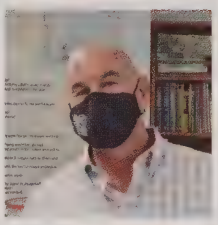
Math motivation

Why do you teach math?

"When I first came to New Bedford High School, my plan and what I wanted to do was teach history, but the only positions that were available were teaching math, so I became a math teacher."
Seamus Pendergast

"By the time me and some of the other teachers first came to the school, there weren't many positions besides teaching math left, so I became a math teacher."
Mark Rossi

"I choose to teach math because I was a math major in college. After graduation I worked in a bank as a accountant to working in a accounts receivable office. When I started to have kids it was at that point I decided I wanted to go back to school and become a teacher. Math was the most reasonable subject for me to teach."
Karen Sylvia



"After I graduated from college, I wanted to teach history because thats what I majored in college. But when I arrived at New Bedford High school."
John Mosher

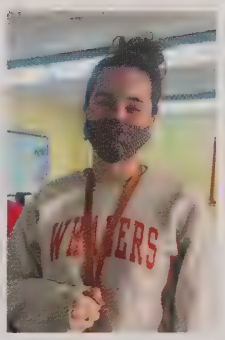
"Math is interesting to me because it is a puzzle to figure out and I have always excelled at it. I have always been interested in math because it was my best subject. I chose to teach math at the high school level because I enjoy the content and I like working with teenagers."
Carolyn Curtis

"I enjoy the challenge of explaining more difficult concepts, but the biggest reason I chose high school is the ability to talk to students who are more mature. I like that with high schoolers I can talk to you more as young adults and make jokes, where if I taught a younger grade I wouldn't be able to have the same types of conversations."
Brian Resendes

Special education teachers make a difference

The major difference teaching special education, according to Ashley Vehlo, is that special education teachers are trained to change a lot of things. With them, the teachers are taught a different level of patience. "Obviously, they are not regular students, and they do not always know right from wrong," Ashley Vehlo said. As a result, teachers will need to develop a new level of tolerance. *photo: Nathalia Tejeda*

Special education instructors are supposed to take completely different classes than regular teachers. "A lot of it has to do with IEP writing, services, scheduling, and how to deal with behaviors," Meghan Carr said. They will work toward a general education curriculum, but in their class, they teach daily living skills such as cooking, cleaning and hygiene. *photo: Nathalia Tejeda*



Teachers adapt a great deal for their kids. "All of the work we give them is modified, so it's not complex," Smith explained. Special education classes would break down a lot of content into pieces for a longer period of time than general education. *photo: Nathalia Tejeda*

Dinara 'Dinny' Damirova

Tell us a little about your home country.
Azerbaijan is a small but really diverse country, where is the most delicious food cooked, really hot weather and warm sea, where Europe and Asia combine.

Why did you choose to be an exchange student in the United States?

I liked American movies from my childhood. I always wanted to see how is really there overseas. I was really curious about culture, and I like the way of living here and the way of thinking. I decided to be an exchange to know more about America. Moreover, because my country is small and recently got its independence, it is not that known, and I wanted to change that too.

What is the biggest difference between NBHS and your high school back home?
NBHS is huge, much bigger than my school back home. Also, I like the relationship between students and teachers more and it is more different in my school. Here some teachers can be your friends and you can share any of your concerns. Teachers back home don't care about you at all, and they only care about lessons.

What was the first "new" food you tried after you arrived? What did you think of it?
Banana bread. It was delicious.

If you could sum up your experience in just a few sentences, what would you say?
I found some really good friends here. I would say my dreams came into reality here. So far, everything is fabulous and magnificent, and I don't want even to think that this magic would end soon and will have to get back home.

Sara Sandnes

Tell us a little about your home country.
I'm from Norway. We have almost the same weather as here, just little bit colder and more snow in the winter. We speak Norwegian, celebrate most of the same things as in the United States, and eat a lot of the same food. So Norway is not that much different. Norway has a lot of mountains, and it's known for being good in skiing.

Why did you choose to be an exchange student in the United States?
I choose to be an exchange student because I wanted to meet new people, be better in English, experience another culture, and have fun! I choose the United States because I have always dreamed about living here, and it's a lot to see in this country.

How do you like New Bedford High School?
I like that people were very nice to me from the day I started here. I also like that the school system is different from Norway, and also the sports we have at school.

What is the biggest difference between NBHS and your high school back home?
In Norway, I only have four classes every day, and it's not the same schedule every day. We also have 15 minutes between every class, and the classes are 90 minutes long.

If you could sum up your experience in just a few sentences, what would you say?
I've so far been to over 15 states, so I have been seeing a lot of the United States! And I have been cheering for football season and basketball season, which I really loved.

global CONNECTION

Students and teachers explore the world through exchange and study abroad programs. NBHS hosted two exchange students this year, one from Norway and one from Azerbaijan.

"I studied abroad for the fall semester of my junior year of college, so fall 2013. I spent the semester at the University of Kent in Canterbury, England, and lived in a small house with two British house mates and three other exchange students from all over. Our whole neighborhood area of our student housing was full of international students, which was really cool. We would all take turns making dinners from our home countries, and we got to learn about each other's cultures."

Kelsey Turner, ELA teacher

"In college, I double majored in political science and Portuguese studies and was in the education program to be a teacher. This picture is with my friend/roommate who is also a world language teacher now as well. We are at the top of the Castelo de S. Jorge in Lisbon."

Sonia Lopes, world languages teacher

"Studying in Granada, Spain, was the highlight of my college experience; I learned so much, made amazing friends and saw things I had only dreamed of seeing before studying abroad."

Darien Lynch, world languages teacher

We're all intense

Whalers take pride in their athletics each year. This year it was no different.

With Covid still being relevant, fall and winter sports required certain passes to attend the games, matches or meets.

Nonetheless, the Whalers were all intense, like junior Jose Bonilla (main photo) after winning his wrestling match. "We had lost the 5 previous matches all in a row. I had to put on a show that'd make everyone's mood change and put us in the lead," he said. so I pinned my opponent by sitting on his chest and won the match

Although Covid may have altered some of the rules and the way certain sports were played, the Whalers made the best of it. Whether spectators were allowed at the sporting events or not, Whalers continued to amaze the New Bedford community with the achievements they continued to seize.

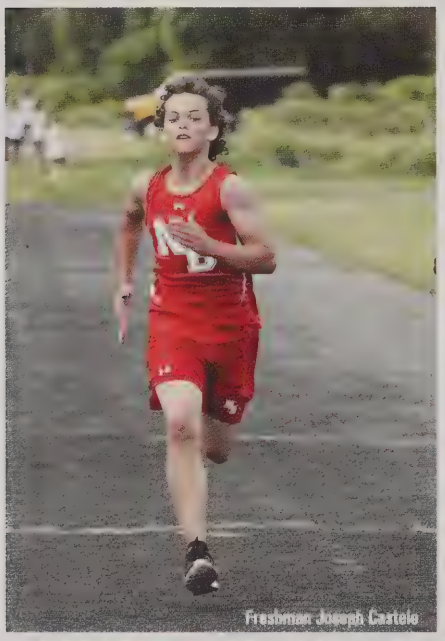
Mask on or mask off, the way the Whalers played with intensity truly signifies the iconic, "WHITE AND RED TILL WE'RE DEAD."

33_24

Michael Bilodeau
the captain

Michael actually helped me when I was new to the team, he gave me sum helpful information that helped me through the season.
Melissa Ribeiro, freshman

(Michael) kept the team motivated by encouraging newer members to keep going and celebrating the victories of more experienced members.
Matthew Lavoie, junior



Freshman Joseph Castelo

take it on the THE RUN

I loved the way we all bonded together, and pushed each other to run our best times. The boys cheered on the girls while racing, and the boys did the same. It was just a happy environment win or loss.
-Hayleigh Chenard, sophomore

The cross country team was comprised of boys and girls training together and competing on the same days, making for a fun an supportive environment for the athletes.

"The team dynamic was always great, which made practice more fun. Both Coach Tilton and Coach Zang were super fun and always helped me when I needed it. They were super understanding and wanted the best for everyone on the team. This sport may seem individual, but the bond you get with your teammates makes it feel like you are all working to better each other.," sophomore Hayleigh Chenard said.

While students competed individually, there was most definitely a team atmosphere, especially for the veterans.

"It was kind of hard knowing it was my last year, but I practiced and worked hard," said senior Michael Bilodeau, who was mentioned by several said was a leader on the team.

Bilodeau "kept the team motivated by encouraging newer members to keep going and celebrating the victories of more experienced members," junior Matthew Lavoie said.

Although the team was light on seniors, runners rose to the occasion and had strong performances.

"One highlight was getting a personal record for my 5k time at my last meet for the season. It felt good to finish off the season while running my fastest 5K yet," Lavoie said.

Junior Matthew Lavoie

Freshman Lena Morris

Sophomore Luis Garcia

All Star Team. Senior Sydnee Ramos turns the ball upfield against Old Rochester. Ramos was named a South Coast All Star, having scored 12 goals during the season.

Focus. Senior Kennedy Franklin dribbles forward after forcing a turnover against Old Rochester. Franklin was part of the field hockey team since eighth grade and for 2021 was named to her third-straight Southeast Conference All-Star team. Junior Gabby Tsaliagos said of Ramos and Franklin, who were the team captains, "Kennedy was focused but still laid back, while Sydnee was intense, and they balanced each other out really well. They both cared a lot for the team and were really fun to be around."

Battle it out. Junior Tess Tarpey and an Old Rochester player battle for the ball in hopes to gain possession for the Whalers.

Up field. Junior Gabriela Tsaliagos forces the ball forward, creating an offensive attack against Old Rochester.

keeping up on THE FIELD

"Field hockey is much different than any other sport because the team is very close and we have team bonding. This makes the season go by very quick and we have such a good relationship with the coaches too. I believe this is why we were able to win so many games."

junior Tatum Reis

"Kennedy Franklin and Sydnee Ramos were the captains, Kennedy was focused but still laid back while Sydnee was intense and they balanced each other out really well. They both cared a lot for the team and were really fun to be around. As a returning player, I think I gained more confidence and got closer with my teammates. "

junior Gabriela Tsaliagos

"One of the highlights of my senior year was my senior night, my teammates showed how much they cared for us over our four years. My progression throughout the years emotionally and physically affected my performance on the field so having a strong coaching staff helped a lot for us to make it to states."

senior Asmaa Elmoussaoui

"A highlight from the season was winning our first game in States and moving on to the second round of games. This was a highlight because we were seeded low in the state and not many people expected us to move on from the first round. We played a team of mostly boys and ended up coming out on top. We worked well as a team and it helped us to be successful."

senior Abigail Perry

Tatum Reis, junior

all in with the captains

"This year being my last year on the team, my goal was to help my team as much as possible to entering and placing top 10 in the state tournament. Even though we struggled throughout the season, we were able to make it in. Even thought we lost second round, that goal was partially met and not only by my effort, but from the entire team of amazing girls contributing their all every day."

Kennedy Franklin, senior captain

"My goal going into the season was to make it into the tournament and go as far as we possibly could. I also wanted to make us closer, not only on the field but off the field as well."

Sydnee Ramos, senior captain

On offense. Junior Tatum Reis dribbles the ball upfield against Old Rochester. "I progressed this year in my personal skills. I got better and dodging and sending the ball across after carrying it down the field," Reis said. Reis was named to the Super Team for the South Coast, along with teammate senior Kennedy Franklin, in addition to being named a Southeast Conference All-Star.

touching down on NEW BEGINNINGS

Although the football team didn't end with the season they wanted or expected they came out with a bang every game.

Coach Mark Debrito along with the rest of the coaching staff continued to have complete faith in their roster and was confident with every player they put out onto the field even due to the lack of experience that was sometimes shown against their more difficult opponents.

Senior captains Demetri Fontelle said, "Despite the struggle during the season, the best part was playing with all my boys for the last time."

During the season, problems with Covid and some season-altering injuries occurred, but the team was in it till the end.

Coach DeBrito said getting the players up to speed with the rest of their opponents was challenging because of Covid.

"Every game is the best game if the players are getting experience," DeBrito said

With every loss and win, the Whalers continued to work, whether it was on the field or in the weight room.

Scoreboard

8/30	BISHOP STANG	21-7
9/10	at Taunton	0-21
9/18	MIDDLEBOROUGH	21-48
10/1	at Falmouth	13-28
10/8	BARNSTABLE	6-41
10/15	at BRHS	6-28
10/23	BROCKTON	0-25
10/30	DARTMOUTH	8-28
11/5	at Attleboro	0-42
11/13	CANTON	7-3
11/25	at Durfee	14-36

2-9 Record

Turning upfield. Senior captain Ryan Dosenberg tries to turn the corner against Barnstable. "My best moment of the season was when (teamate) Jayden Frazier returned from Covid," Dosenberg said.

The defensive line gets ready at the beginning of the game against Barnstable, which ended in a tough 41-6 loss. Missed games due to Covid and injuries made it hard for the team to get into a groove during the season.

Youth. Freshman Jarren Goodine sprints upfield against the Durfee Hilltoppers. The Whalers fielded a young team in 2021, with relatively few experiences senior starters.

On the sidelines. Senior captain Anderson Madrano gets coached on the sideline during the Barnstable game, but it was a well-fought game. "We just couldn't finish executing, we'd come up with big plays and couldn't finish them," said Collin Gibbs. "We started good but it then got rough. We couldn't contain what they brought and a lot of blown third down stops. We are young."

"My most memorable moment was when I hurdled the player in the Barnstable game."

Senior captain Jayden Frazier (left)

Turning upfield. Senior Ranen Goodine sprints along the sideline against Durfee.

all in with
the seniors

During the off season I just played golf and worked on my technique. My favorite part of the season was just playing with each other for one last time.
Matthew Tarpey, senior

"My favorite moment was senior night because of the atmoshphere and because it was my last time playing."
Diego Serra, senior

Over the summer Jordan did three main things, which were "using the driving range, lifting weights, and playing golf with my friends."
Jordan Graham, senior

THE SWING *of things*

The golf team is a long standing sports team here and many members remained were on the team since their freshman year.

Matt Tarpey is the senior captain of the team and said that golf team was a great group.

"Playing is always something to look forward to after a long day or week. It's a nice way to blow off steam and also spend time with people who share the same passions as me," Tarpey said.

As far as rituals go, the golf team doesn't really have any that stand out but they vow to have fun and do their best when playing.

Senior Jordan Graham said, "The team is a safe group to fall back on and I'm so lucky to be involved."

Freshman Luke Tarpey said of his season highlight, "The Ryder Cup was great because I got to hang out with the team a lot and I got to tie the Ryder Cup for team USA even though we did not win."

Craig Baptista, sophomore

Competitive drive. In order to prepare for the season Diego Serra set goals for himself "in the weight room and for the season," he said.

Jordan Lawrence, senior

Luke Tarpey, freshman

Justin Brown, senior

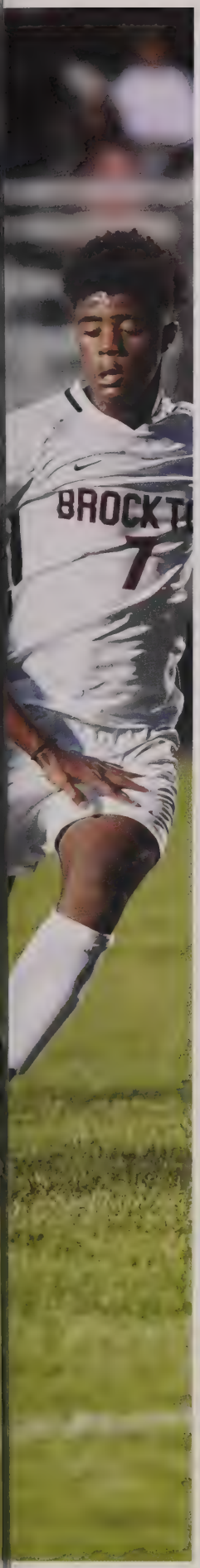
Coach Val

Valdir "Val" Araujo, "Coach Val" to all the athletes, was involved with the New Bedford soccer community since anyone can remember. Every player on the boys soccer team at any level was mentored by Araujo. He was in the boys' lives since they first touched the ball, and he watched the boys soccer team grow into the players they are today. Captain Ethan Ramos said, "My biggest inspiration is Coach Val because he would do anything for the team." Throughout the season, Val would give some of the most inspiring talks, motivating the boys to give their all. Not too long after the 2021 season ended, the soccer community of New Bedford was shaken when they heard the news that Val passed away. With his legacy forever in place, the soccer community honors coach Val and he will be greatly missed.

Sophomore Carter Barbosa hugs Coach Val before the game, both wishing for the best outcome of the match.

Alan Rodriguez, senior

Delvany DeCarvalho, senior



a striking SEASON

The soccer team's season started without one of their key players, Angel Orozco, opening against a tough Nauset Regional High School soccer team. While the game ended with a loss for New Bedford High School, the team grew hungry for a chance to play in the state playoffs.

After the initial loss, the team went on a winning streak leading up to their first match against the Brockton Boxers. This highly anticipated match resulted in a loss for the Whalers at Brockton and also led to senior captain, Ian DaCosta, tearing his ACL. The team was at a total loss losing DaCosta, their spine and foundation, for not only defense but their overall team confidence as well.

Despite losing one of their key players, the team still went out to beat their city rivals Greater New Bedford Vocational Tech in a 1-0 defeat, the lone goal being scored off a header by Michael Tavares.

Angel Orozco led his team to a chance to play in the state playoffs with 10 goals and 9 assists to his name. In order to make it to the state playoffs, the team had to beat a tough Attleborough team whom they beat earlier in the season in the preliminary round. Although the team lost in penalty shootouts, the Whalers were proud of the amount of work they put into the season and winning the city cup.

BOYS SOCCER

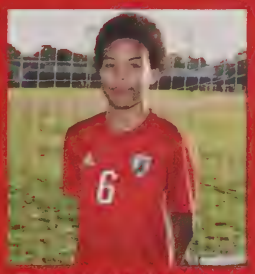
9/7	NRHS	0-1
9/11	ATTLEBORO	3-2
9/14	DURFEE	2-0
9/16	at Brockton	1-2
9/23	BRHS	2-0
9/25	GNBRVT	1-0
9/28	at Dartmouth	1-1
10/1	at Seekonk	5-0
10/5	at Durfee	4-3
10/7	Brockton	0-4
10/9	MIDDLEBORUGH	5-0
10/12	at Barnstable	0-2
10/19	at BRHS	1-2
10/21	DARTMOUTH	4-2
10/23	WELLSLEY	1-4
10/26	at NRHS	2-4
10/30	BARNSTABLE	1-0
11/4	ATTLEBORO	1-2

9-8-1

all in with the seniors

Ramos's pre-game ritual was to touch the left, top, and right post and grab the net until the whistle blew.
Ethan Ramos, senior

To prepare for the season Santos "went to nationals for club soccer" and "listened to Lil Baby" as a pre-game ritual.
Andre Santos, senior



"The highlight of the season for me was when I shushed Brockton when I scored a goal."
Giovanni Barros, senior

Michael Tavares, senior

On offense. Michael Tavares advances up the field in hopes to create an opportunity for the Whalers in front of the goal. Senior Michael Tavares said, "This was a tough game for us since we just lost our authority on defense. We had to adapt to the changes this game and unfortunately we had to adapt against the toughest opponents on our schedule." Although the team suffered from the loss of Ian DaCosta, they made the most of what they had and started the team's formation over in hopes to gain victories over their other opponents.

From top
Corner. Senior Tari Pereira takes a corner kick for the Whalers in their attacking half.
Forward. Junior Alexia Rodriguez dribbles up the field against a Brockton defender.
Looking for options. Junior Jenna Nogueira looks for possible open teammates to toss to while taking a throw-in.

one team ONE GOAL

This year had been a tough year for the girls soccer team but through the season they stood positive.

One of the highs of the season was "the positivity of our team helped going into the games with a winning mentality," Coach Andrea Nogueira said.

Although they had no wins this season, they kept there heads up and hoped for the best every game, but "Some seniors had to miss games due to injuries," Nogueira said.

On top of all these struggles, many girls on the team had responsibilities outside of soccer, which made it difficult to have all players in all practices and games.

"A low of this season was trying to get players to be at practice and committed to the program. Most girls work or have outside responsibilities. The coaches try to work with all players understanding the players have more responsibilities outside of soccer,"Nogueira said.

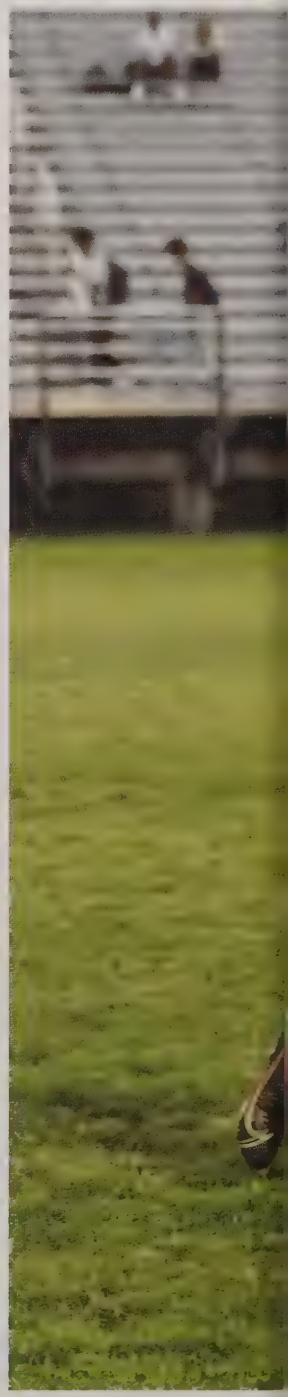
GIRLS SOCCER

at Attleboro	0-3
WEST BRIDGEWATER	1-8
at Durfee	1-8
BROCKTON	0-6
TAUNTON	2-4
at West Bridgewater	0-2
at Bridgewater-Raynham	1-8
DIGHTON-REHOBOTH	0-4
DARTMOUTH	1-4
SEEKONK	0-2
DURFEE	0-2
SEEKONK	0-4

Pre-season preparations

"I started making sure I was getting enough hours of sleep to rest my body."
Senior Destiny Misay

"I played club soccer and watched film from the previous season."
Senior Saige Morro

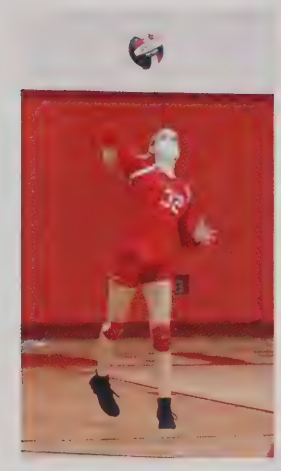


all in with the seniors

"Even though we did not have aw inning season, I had to bring positivity to those who did not have it."
Calista Pacheco, senior

"I tried my best to give the best advice I could to everyone, and basically told all of them, even if our season is not the best we still need to try our hardest."
Emma Almeida, senior

Clockwise from top left
Battle. Ollie Costa fights for the ball against the Brockton Boxers while the ball is in mid-air, in hopes to gain possession for the Whalers.
Upfield. Senior Destiny Misay takes throw in for the Whalers.
On the offensive. Senior Saige Morro joins the attack against Brockton by shielding the ball from the opposing player. "I think this was one of the best games I played out of all my four years on varsity. We played as a team this game, which is what we were looking for the whole season. It is always exciting playing Brockton," Morro said.



setting up for SUCCESS

By Claudia Tino

In a tough yet hardworking season, the girls volleyball team experienced great improvement.

"We finished the season with a record of 4-15. It is not easy losing, but the girls improved so much and worked hard every day to do so," said Coach Longo.

The girls had many challenges to face during practices and games.

"At first, it's not easy to do a perfect pass and a perfect hit and a set. It takes a lot of patience and developing the patience for the sport I love, and it is what made me the player I am today and made me have the skills I have today," said senior Yanaliz Velez.

In intense matches the girls played, they confronted their opponents with teamwork and hard work.

"The Middleboro game was a very intense game. We went in knowing we won our first game against them, but when we played them the second time, they had gotten much better, which was nerve-racking for us, but we managed to pull together and play as a team to get another win against them," said senior Brittany Sanabria. With the improvement the team made came those moments of realization where the girls had to work together as a team.

"One of the hardest challenges for me was to learn how to talk to my team in a way that they would understand and learn from. I had to learn how to adjust to them to be the leader they needed," said senior Kayla Soares.

Superstitions are what helped the girls as well. "If I wore my hair in two braids. I felt I would not play as well compared to a regular ponytail or a ponytail with a braid," said junior Hannah Perreira.

Clockwise from top left

SERVING IT UP. Sophomore Annabelle Huston begins the play with a strong serve against Durfee.

BRING IT IN. The girls huddle up after each point for motivation and support during a fierce match against Durfee.

GET READY. Juniors Mari Macmaster and Nellyanne Medina Santiago and senior Kayla Soares get in serve receive position for Durfee to begin the play in the intense conference game.

ON THE ATTACK Junior Aliana Areias goes for an attack during the varsity match. "The game went great. The team worked together under pressure to win," Areias said.

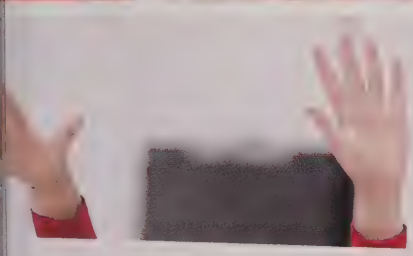
SET IT UP Junior Nellyanne Medina Santiago sets up the ball to her teammate for a point against Durfee during the varsity match.

DIG IT Junior Beatriz Almeida lunges down to dig the ball against an intense game against Durfee. "I was really stressed out. We were all stressed out but all that mattered was that we knew we did our best and when I step out on that court nothing else matters."

ON THE BLOCK. Mari MacMaster and Hannah Perreira go up for a double block to stop a kill.

GIRLS VOLLEYBALL

Date	Opponent	NB-Opp.
9/7	ORR	0-3
9/8	at Taunton	0-3
9/13	at Case	0-3
9/15	DURFEE	2-3
9/17	at Brockton	3-2
9/21	BOURNE	0-3
9/28	at Weston	0-3
10/6	at Durfee	0-3
10/14	FAIRHAVEN	0-3
10/20	DARTMOUTH	0-3
10/23	at Dartmouth	0-3
10/26	CASE	0-3
10/29	at ORR	0-3



SENIORS

"One of my highs during the season was my senior night. The first point of the game was me, and I killed it right off the bat. However, every day with my team was a high."
Kayla Soares, senior

"We had our ups and downs playing other volleyball teams. However, at the end of the day, we fought through it and played our hardest until we knew we won. We supported each other through it all, and that is all that matters."
Yasaliz Velez, senior

"I have played volleyball for three years: freshman, sophomore, and senior year. I joined the team because I discovered my love for volleyball in middle school. I have progressed physically and mentally as a person."
Brittany Sanabria, senior

SENIOR EXPERIENCE. Senior Kayla Soares bumps a serve during the Durfee match. "I've played for the NBHS volleyball team for all four years. They were some of my best moments of my high school experience. I will always encourage the younger kids to be involved and carry the Whaler spirit," Soares said.

together and UNIFIED

The unified basketball team is a team made up of students of general and special eduction

WORKING TOGETHER TO WIN THE GAME. You can see the team's communication while trying to win the game. *photo: Erin Goulart*

CATCHING A BREATH BETWEEN GAMES. Students take a water break in between games to relax from the hard work that they have done. *photo: Timothy Curry*

A CHEER BEFORE THE SECOND HALF. The team cheers together to provide spark for a good game filled with a ton of communication and joys. "In terms of wins and losses, we sadly lost to every school, but we had fun, so I'd say that's all that mattered," Phillip Tran said. *photo: Timothy Curry*

By Elizabeth Raposa

You might be wondering, "What is unified basketball?"

Unified basketball brings together and unites general education students with impairments. Students can improve their physical, social, and educational skills through unified sports.

People with and without disabilities play on the same team. There are 18 kids on the team, which is led by coaches Phil McDavitt and Melissa Renauld.

Due to the pandemic, the students were required to wear face masks while playing and had separate water bottles this season.

This was the first year a team had ever existed. Coaches would pair up the students in practice and undertake team-building exercises to foster team cohesion at the start of the season.

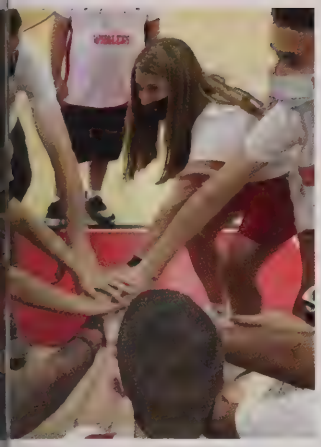
"In terms of wins and losses, we sadly lost to every school, but we had fun, so I'd say that's all that mattered," Philip Tran remarked.

The team made significant improvements while also having a good time throughout the season.

"The students on the team worked hard and were great teammates. They cheered each other on and really enjoyed their time on the unified basketball team." McDavitt said.

Junior Sara Curry said although their record wasn't great, the season was a success.

"The high point was our last home game," Curry said. "Everyone played very well, and we had lots of fun."



ALL HANDS IN. The team gets ready to put in full effort to win this game. *photo: Melissa Renauld*
Sideline support. The students watch as other teams play and gather pointers and learn new playing tactics. This serves as a good bonding exercise for the team. *photo: Timothy Curry*

THE GANG IS ALL HERE. The team gets together for a team photo after a game. The team consisted of students of all different types of students from the school, from special education to general education students.
photo: Melissa Renauld

THE TEAM WORKS TOGETHER. On defense, the team works go prevent a score. "The team was very good, and this season went very well for the team," player Sara Curry said.
photo: Timothy Curry

How did you get involved with the unified basketball team?

"I also am in the National Honor Society and one day the adviser of that group said that the Unified Basketball was recruiting members to volunteer and help ours with the special education students already participating, so that's what led me to register to the team! I'd say the most enjoyable part was seeing both teams score points because I know it really made their day when they have the crowd cheering for their successes."
Phillip Tran, senior

"I got into unified basketball simply because I have a passion for creating equality for our disabled students. When I heard about unified basketball, I immediately knew I had to be a part of the program. My most enjoyable moment on the team was watching the students make baskets and seeing how happy they were to hear the crowd cheering from them. Their smiles have a special place in my heart."
Emma Gendreau, senior

"I talked to Mr. (Phil) McDavitt and Mrs. (Melissa) Renauld. I wanted to join and be on the team with them. We had one practice at the beginning of the season from 3:00-4:00. Just playing in the games and seeing how happy everyone is to play" was the highlight.
Sara Curry, junior

order on the COURT

Tyler Mills, junior

Entering the season, Coach Matthew Hill assembled a young roster but was faithful to his team and the individual talent they all held on the court.

But, before the season even started, senior captain Samuel Mosher broke his hand the day of the team's first scrimmage. The whole team knew they were going to be affected by this loss out of their starting 5.

But this didn't stop the Whalers from attending practice every day with drive. Although the team didn't end strong at the end of the season, as far as their record goes, they were able to beat Barnstable High School, not only at home but on their home court as well. This was all due to the fact that they simply played hard and the Whalers were better in shape.

Even though the Whalers were not able to punch a ticket into the playoffs due to their tough opponents, the one thing the team took from this season was their family bond. "We would still have fun on bus rides and practices making the most of what we had left. We also did a lot of bonding off the court as well," Mosher said.

BOYS BASKETBALL

Date	Opponent	NBHS-Opp
12/13	at Dennis-Yarmouth	48-57
12/17	BARNSTABLE	66-46
12/23	FRANKLIN	48-77
12/28	at King Richard Phillip	63-66
1/10	DENNIS-YARMOUTH	55-59
1/14	B-WATER- RAYNHAM	57-72
1/18	at Dartmouth	41-62
1/22	DURFEE	53-80
1/23	at Franklin	60-86
1/25	NEWTON SOUTH	43-68
1/28	at BRANSTABLE	46-62
2/1	at Brockton	24-55
2/8	BROCKTON	26-58
2/9	at Durfee	46-64
2/11	at Newton South	38-53
2/15	at B-water-Raynham	56-69
2/18	DARTMOUTH	53-59
2/21	TAUNTON	44-77

RECORD 2-16

Senior Samuel Mosher drives to the hoop

"The highlight of my season was playing against Durfee because it was my best game of the season and it was the day of my birthday."
Samuel Mosher, senior

"The highlight of my season was attending the UMASS Amherst men's basketball game."
Clinton Dunston, senior

Ranen Goodine, Senior

Clinton Dunston, Senior

Left going clockwise

Layup. Dezmond Brunskill has two players on in while attempting to make a layup in order to put the Whalers ahead.

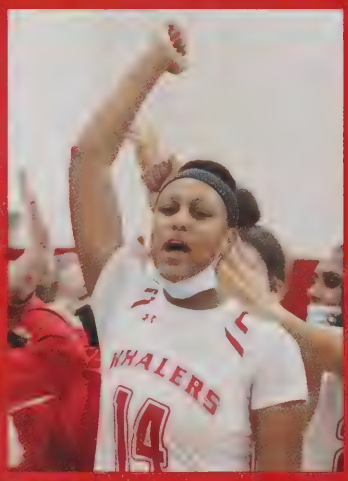
Up the court. Ranen Goodine dribbles down the court creating an offensive play for the Whalers.

1 on 1. Clinton takes control and takes the player one-on-one using his speed to his advantage.

all in with

the captains

"I have a lot of moments where I have a lot of energy and that effects the team a lot. If one person has the energy to get through a game or a practice than the team will most likely be effected in a good way, and have the energy as well. Half of the time it was me and it made me feel good to put all of the girls in a good mood."
Sydnee Ramos, senior



"As the tallest person on the team, I feel like I made a huge impact to get rebounds both on offense and defense."
Kennedy Franklin, senior

HOOPS
they did it again!

It was no secret that the girls basketball team was going to be a force to be reckoned with when the star players were returning from the 2020-2021 season.

At the end of December, the team traveled to Orlando, Florida, to compete against some of the toughest competition there is to play on the court, which benefited them in the regular season, in the long run.

Although the team had a major setback after learning that a majority of their team contracted Covid, it didn't stop the Whalers from entering the SEC conference with confidence.

Every game, win or loss, it was a tight game with a close score. The Whalers were in it to the end. Coach Jordan Pina had complete faith in every player he put on the court, including freshman Zaria Anderson. Zaria scored 34 points in three quarters for the Whalers against Taunton, and this is just a sliver of the talent that is present on the court.

Senior Kennedy Franklin said working in the offseason and having team chemistry is what leads the team to their wins. Kennedy (having much experience on the court) believes that if there's chemistry, there are wins.

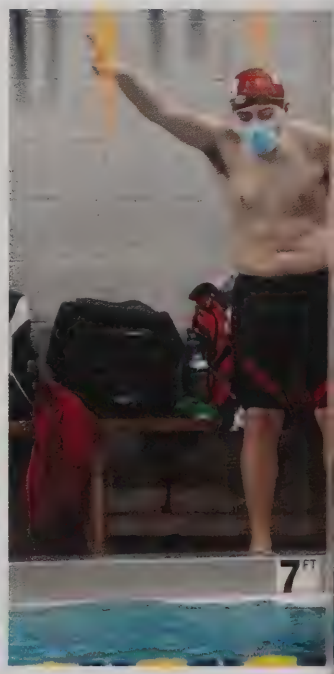
The effort from every player was put in at practice which then was shown on the court. Coach Jordan Pina, along with the coaching staff encouraged every player to play like a Whaler. Even though the Whalers were not able to get a ticket into the playoffs, they believe their effort and domination in every regular-season game, made up for that.

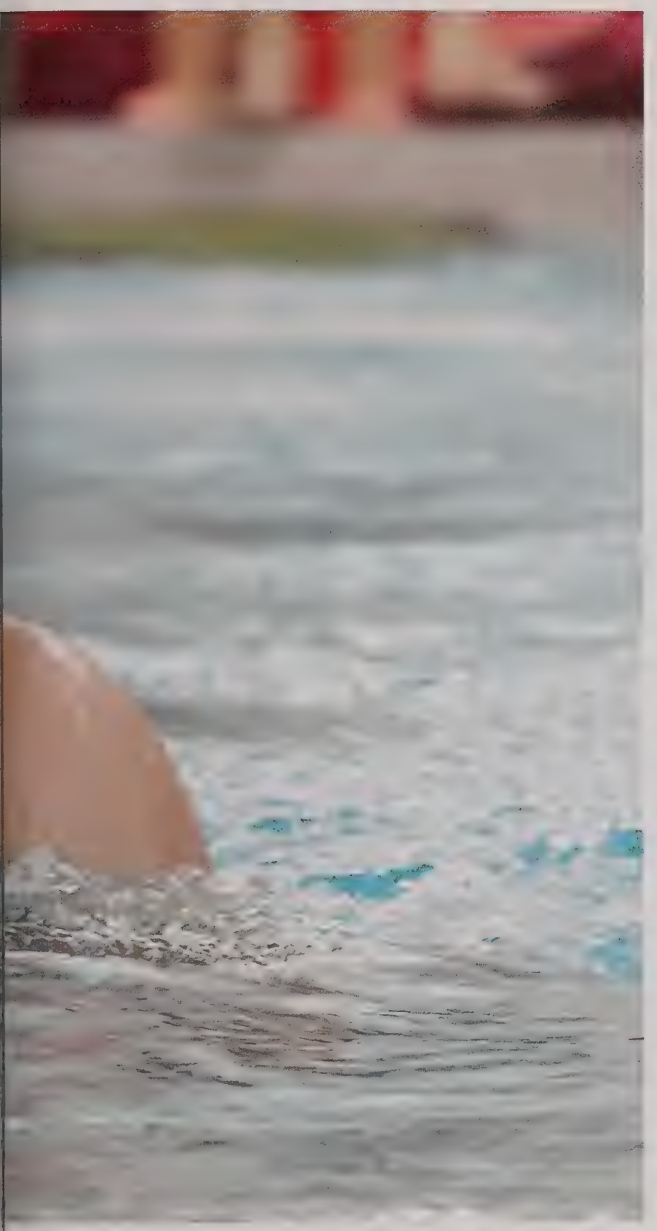
Clockwise from top right.
Offense. Junior Tatum Reis moves the ball upcourt against Middleborough early in the first quarter. Reis said she improved on and off the court this season. "I progressed this year because I began to speak up more. Whenever I felt the team was starting to break apart a little or people were being negative, I spoke up to try and change the energy. Also, I shared my opinions in the many team meetings on what the team could do to be more together. This was progress for me because in years past, I would stay quiet and allow things to go wrong because I felt it was not my place," Reis said.
Preparing. The team assembles for The National Anthem before a home game against Middleborough.
Pass. Sophomore Alexia Thompson looks for a teammate to pass to while driving into the lane. Thompson said the team's trip to Florida was a highlight of the season. "We played as a team, and it was so much fun. This was a highlight because as a team we bonded on and off the court," Thompson said.
Tipoff. Senior captain Kennedy Franklin battles for the opening tipoff against Middleborough. "Kennedy was a senior and kept us together. She was also inspiring because she averaged a double double," junior Tatum Reis said.
Ready. Junior Vanessa Bucha stand ready on defense. Freshman Zaria Anderson said Bucha was one of the informal leaders of the team and would

all in with

the captain

Anderson Medrano, senior captain.
Medrano cheers on a teammate during a race. "(Anderson) did a wonderful job of keeping everyone's spirits up in such a challenging year as well as making our new members feel welcome,' Senior Jonathan Lawrence said.





FLYING *through the water*

By Mason Ferbert

The boys swim team has gone through many trials over the course of the year.

Through pool closures and covid the team persevered and triumphed. The boys had a relatively small team of about a dozen members, and the school pool was closed for repairs, forcing the team to practice off-campus.

"They boys team had a tough year, dealing with Covid and having few members," senior Jonathan Lawrence said.

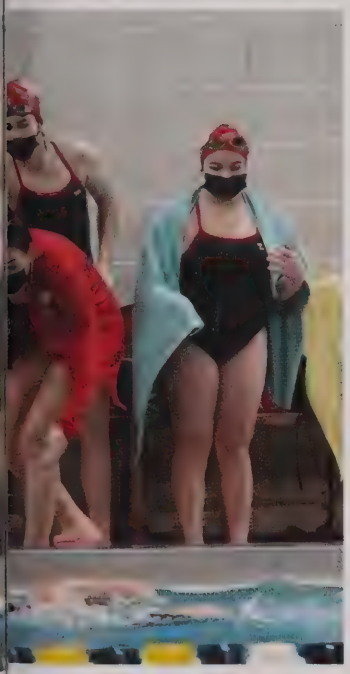
Covid effected the swim team by decreasing the number of boys on the team and overall progress. Another challenge the swimming team faced is the pool closure.

Senior Jonathan Lawrence said, "This year was difficult as we were unable to use our own pool." The swim team had to use the Umass Dartmouth pool instead.

But the swim team persevered all the challenges, in no small part to the leaders of the team.

"(Senior captain) Anderson Medrano welcomed me in when others didn't and treated me as an equal," sophomore Jude Walker said.

Breaststroke. Senior Jonathan Lawrence races in the 100 breaststroke. Lawarence said the SEC championship meet was the highlight of the season for him. "They boys team had a tough year dealing with COVID and having few members. Coming in second place was a huge accomplishment after being outnumbered and struggling the majority of the season," Lawrence said.



Freestyle. Freshman Owen Jupin readies himself on the starting block then swims the freestyle. It was Jupin's first year on the team, and he was drawn to it because family members had been on the team before him. "One highlight of the season for me was when I placed secnd in my heat," Jupin said.

Team. Junior Jake Gioiosa encourages a teammate during the 500 free, the longest swimming event. At the SEC championship, Gioiosa had a strong meet. "I hadn't had a big drop in times in a while, only dropping about 1 to 2 seconds per meet and then leveling out right before the SEC meet. I was expecting to go faster but a full 3 seconds was way faster than I thought I could go," he said.

Diving. Freshman Joao DeSouza steadies himself for an inward dive. Of the swim season, DeSouza said,"The whole thing was fun because I made friends."

jump in THE WATER

Girls swim and dive team wins SEC title

"One highlight had to have been our SEC championship meet. At that point in the season we were all super close and there for each other,. Everyone was just happy to be there, and we knew we were going to win. Everyone was laughing and having fun."

sophomore Maddie Rodrigues

"This year we were able to do better as a whole team and for myself I was able to get a little faster from the previous season. This whole season we were able to have fun and work hard."

junior Sara Curry

"Some may think swimming is an easy and boring sport, but the fact is that swimming can be very mentally difficult as well as physically difficult. No one is telling you to keep working hard at practice, no one can tell if you are truly pushing yourself through every workout and every race."

junior Cynthia Torres

"The camaraderie that exists within the swim team is one I have never witnessed in any other sports team. We all support each other and cheer each other on, invested in each other's success. Though swimming is an individual sport, and we all compete individually, I have never experienced such a close-knit team, that I am so proud to be a part of."

Junior Abbigail Niland

Clockwise from main photo

Free. Senior Nora Blanchard swims freestyle, but her strongest event was backstroke.

Pep talk. Freshman Hannah Blanchard and sophomore Jalysa Noriega huddle with their teammates before the meet starts.

Diving. Junior Mari MacMaster warms up before a meet. "This year I surpassed a lot of my diving goals and my times for swimming got faster too," MacMaster said.

Relay. Sophomore Annabelle Huston swims the breaststroke leg of the 200 individual medley relay. "I improved a lot of my times overall but I also made a lot of new friends which made the season even more enjoyable. I ended up qualifying for sectionals in a few events which was one of the goals I had set as a freshman," Huston said.

Teammates. A group of girls relax during warm ups before a meet. Many swim team members said the camaraderie among the team is what brought them success. "Winning the SEC was a highlight because it showed how far we have come as a team and no matter how good of a swimmer you were it brought us all together to celebrate our accomplishments, and also being able to feel proud of being on and contributing to an undefeated team," sophomore Maria Oliveira said..

all in with

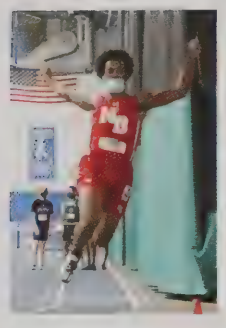
the captains

"The SEC championship was a highlight because everyone's hard work paid off in the end. It was also super enjoyable with the entire team because of everyone cheering each other and having fun."
Sara Curry, junior

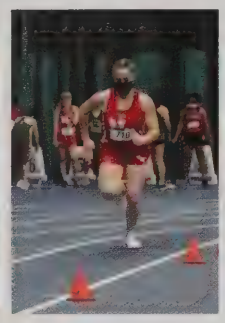
"I was able to qualify the 50 freestyle and 100 freestyle both my main events, for sectionals and placed in the top 12 and 14 and we got to swim the relays at sectionals and states."
Cynthia Torres, junior

all in with
the captains

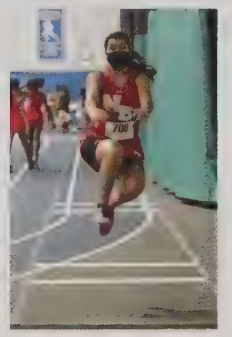
ahead of THE PACK



"My biggest highlight is when I beat my own record and qualified for states. I had a good bond with everyone on the team, they were my family. I improved by working hard and making everyone proud."
Demetri Fontelle, senior.



"Some personal highs were competing with my relay team at SEC Championships where we dropped 8 seconds from our best time to finish 3rd overall and beating my PR in the 55m dash and long jump."
Abigail Perry, senior.



"When I was a underclassmen I would always see how the captains would push through the pain to gain a better Personal Record and that would aspire me do to the same and show others to do the same thing. "
Deisy Rivas, senior.

The captains, Deisy Rivas, Abigail Perry, and Demetri Fontelle were exemplary captains who demonstrated dedication to the team. The coaches consistently pushed players to their full potential to build a strong team throughout the season.

"I had a great relationship with the coaches. I knew they loved me. we always had really funny conversations, and they made me work hard even when I didn't want to, to help me get better," said sophomore Edenilson Semedo.

To achieve improvement within the team, each teammate individually had to set goals and work hard.

"I've set my goals to be in the top five in my races, and I reached those goals coming in fourth overall and second overall. Hard work takes time to shine, so just perfect the fundamentals and you'll see your product over time," said junior Kevin Ayala Manso.

There were major accomplishments, butCovid did cause some setbacks.

"Covid affected our season by infecting half of the team at one point in time, we had to cancel about two races because of it. I wish we didn't have to and run all races for my last year for track," said senior, Deisy Rivas.

Through it all, the team's perseverance to make it a great season brought a season that will not be forgotten.

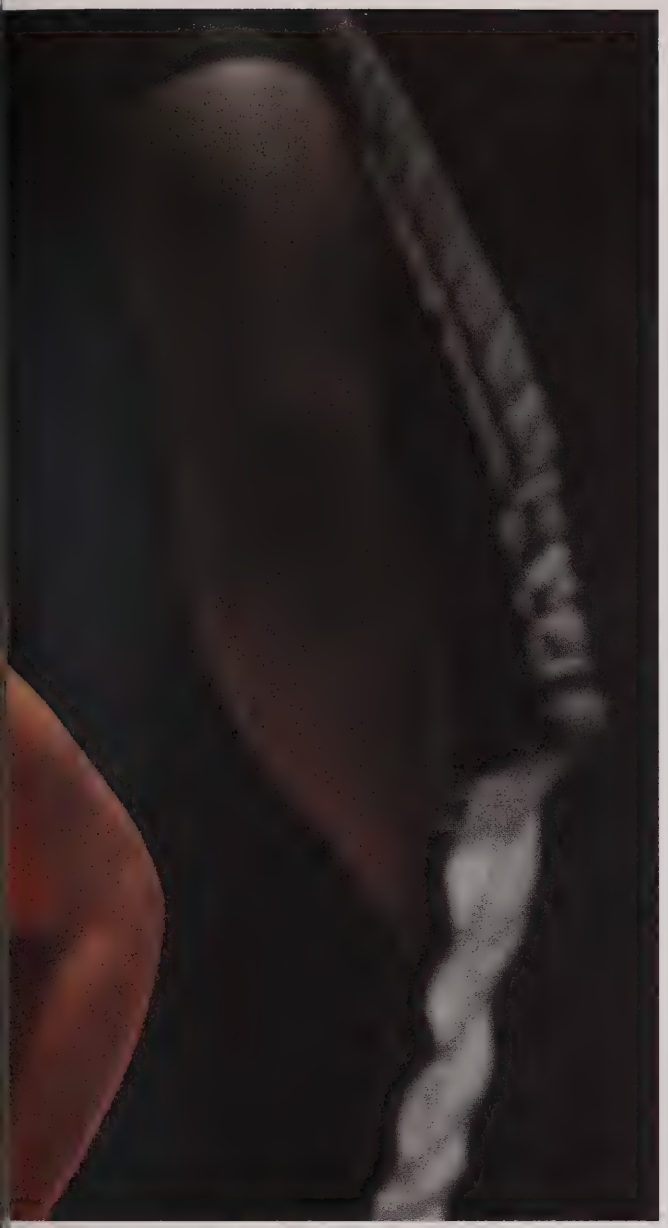
"We had three SEC All Stars: senior Demetri Fontenelle, senior Abigail Perry and sophomore Edenilson Semedo. Edenilson qualified for Division 1 championships in high jump and Demetri qualified for Division 1 championships in the 55m dash and long jump," said Coach Jun Zhang.

Clockwise from main photo
Junior Connor Silva
Junior Calvin Cruz-Duarte
Junior Jahzeh Seirra and sophomore Lily Brine
Sophomore Ollie Costa
Freshman Juliana Fernandes
Junior Jahzeh Seirra and senior Demetri Fontelle

Anderson Cruz - (Senior)

the captains

"Alex Teixeira and I, we would be the hardest worker in the room and we would stay longer after practice to get better and that inspired others to push themselves."
Junior captain Jose Bonilla
"(The captains) ed the team to states and pushed everybody to become a better version of themselves."
Senior captain Alex Teixeira



TAKING IT *to the mat*

Wrestling is a sport like no other. The team shined some light on what went on behind wrestling at NBHS.

Junior Jose Bonilla and senior Alex Tiexeira were seen as such leaders on the team and served as co-captains.

"We would be the hardest workers in the room and we would stay longer after practice to get better and that inspired others to push themselves," Bonilla said.

Teixeira said, "(Jose and I) led the team to states and pushed everybody to become a better version of themselves. I joined the team because I wanted to become part of the family. I progressed year by year pushing myself to become one of the leaders on our team."

The season had several high points for athletes.

"The highlight of my season was getting my first win," junior Ava MacMaster said. "This was the highlight of my season because I lost 4 times before then and our team really needed a win."

Sophomore Timmothy Erickson said "At the end of the season I'd realized that I had got back in shape. I have wrestled for five years, but during Covid, I didn't get to keep at it. So getting to learn and grow again was really cool."

Clockwise from main photo
Senior Anderson Cruz
Senior captain Alex Teixeira
Sophomore Luis Garcia
Junior Jose Bonilla
Junior Mitchel Thompson

Junior Ariana Whiting and senior Daija Nunes

The cheer squad at the home football game against Barnstable

Senior Emma Gendreau

cheering along TOGETHER

Sophomore Aria Ferreira and junior Jeraly Estrada

Sophomore Lauren Baylies

Senior Macy Correia

BRINGING *the spirit*

What was the highlight of the season?

Most likely when we hit everything in our routine, going to practice and being able to communicate what should we do in our routine, the bus rides the away game or to competition, cheering for games or even having a good bond with the boys varsity team. But most definitely how we just all clicked and got right into work, and giving ideas about senior posters.

(My sisters and I) wanted to do something together. I honestly loved it. You need to show that you're willing to be there and bring on a show on that mat floor.

Freshman Estiffany Rodriguez

Regionals because we made it that far and accomplished so much within the season to get there.

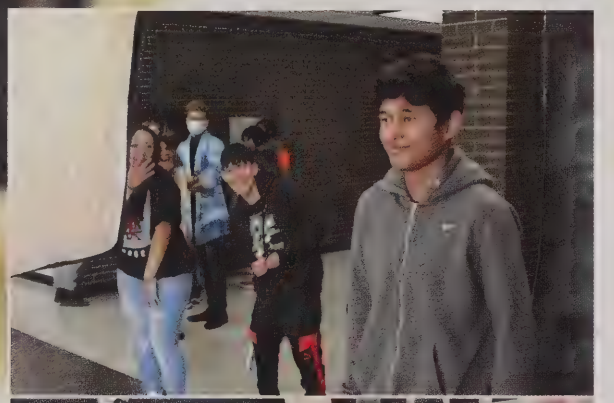
I think the team progressed every day because each and every day of practice, everyone came to get better and work hard.

Senior Calista Pacheco

Seniors Emma Gendreau and Macy Correia

The cheer squad at a home basketball game against Newton South

Senior Destiny Misay



Everybody had the opportunity to have their photo in the yearbook for the first time, including sophomore Natalia Dumas (main photo) and from top, freshman Juan Estrada Pena along with some friends joking with him, sophomore Savannah Nascimento and junior Hannah Blanchard.

We're all individuals

We're all individuals.

We're all aiming for the same goals, all working on the same thing, yet we're all different, distinct.
What distinguishes us is our individuality in terms of views, passions and life experiences.

We must all learn to recognize our particular characteristics and recognize that each person is unique. Race, ethnicity, gender, sexual orientation, age, physical ability, religious beliefs, political opinions, and other philosophies are all examples.

People are more likely to bring more of themselves to work if they embrace diversity and individualism.

We are one in various pieces, and like a puzzle, we fit together well.

Emma Almeida
Rose Amaral
Saige Amaral
Kayleb Avila
Roanis Ayala

Leah Bennett
Jeremiah Bishop
Marquis Blakney
Nora Blanchard
Zachary Bois

Dona Bonnie
Christian Boyer
Janessa Braga
Ava Brum
Nyla Brum

Destiny Burke
Lindzey Bushway
Janneth Calderon Mejia
Frances Carrascoza
Alyssa Carreiro

Madisyn Carroll
Jacob Centeio
Felix Chavez Penate
Jaidyn Chor
Jermaine Collazo Rodriquez

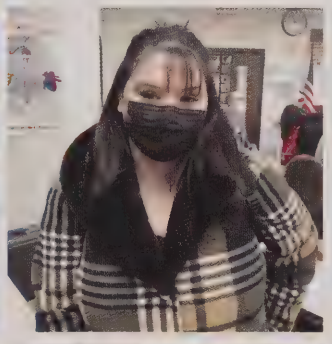
Jerika Colon Santos
Sydni Colson
Kianna Corcino
Latrell Cordero
Colbey Cordery

Eddie Correa Hiraldo
Kayleigh Correia
Macy Correia
Marly Correia
Nathan Correia

How things have changed

Seniors reflect on what is different after four years of high school

"My senior year it feels a lot harder to learn. I 100% prefer the environment from freshman year over senior year. Everything during my freshman year felt so lively and fun. I've enjoyed art, specifically, Ms. Rivera's class. Her teaching is always lively, and she's genuinely excited about what she's teaching. I've definitely grown a lot since freshman year. I got a car, I got my first job, and I got to meet new people that became amazing friends."
Emma Almeida

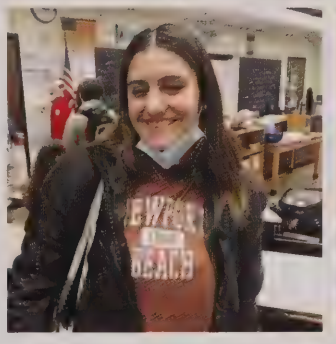


"I feel like it's still hit or miss with teachers and if they are aware (of students' mental health). Sometimes, it's not understood to the fullest extent. (My interaction with peers) has changed. I know their names and understand we have been in and out of classes together for four to five years, but sometimes you still don't know them. I think my growth in every aspect has been life-changing. Most of my friends have been with me from the start, so I've gotten to enjoy it the last four years."
Arianna Tessier

"My freshman year, it was hard at first. My senior year is somewhat hard but not as difficult. It's easier to understand the material in classes compared to my freshman year. My personal growth grew for sure. I've enjoyed the people I talked to and the friends I gained."
Angel Ferrer

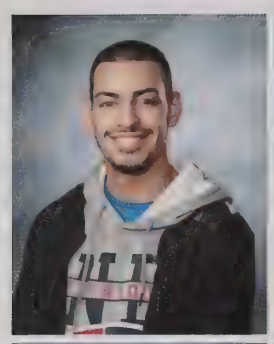
"It was hard my freshman year, entering in such a big school filled with so many juniors and seniors. I do feel I'm less sociable, from freshman to senior year. You realize who your true friends are, and you need to find yourself to find who you want to be around. My personal growth from freshman year to senior year has been amazing, for who I could say I was freshman year is not who I am today."
Saydi Lopez

"I feel that I am more social with others, especially because I've met many more people this year that I didn't talk to in freshman year. My personal growth since freshman year changed massively. I have been through a lot in my life so far and am more mature than freshman year. Throughout my freshman year I was more lazy. Now, in senior year I am more on top of my work and wanting to succeed especially with junior year being online."
Sophie Victoria



"We went through the pandemic, which was difficult, but from my freshman year, things have gotten easier because you become more experienced and have learned more. I definitely prefer the environment from my freshman year because it was simpler. The seniors then were more strict, and now I'm the senior, and I have to be more strict, but I don't know how to do that. I definitely think I've grown a lot as a person, and I've become more sociable and open."
TyAnna Fernandes

Avant Cortes
Nyjha Rae Cortes
Ethan Cosgrave
Destiny Cosmo
Angel Cruz



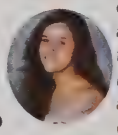
Demi Cuba
Ian DaCosta
Priscilla DaGraca
Crisean Dalomba
Dinara Damirova

Dante DaRosa
Sandy DeAndrade
Raven DeGrace
Jorge de la Cruz Garcia
Paige Delancey

Marcus DeLa Rosa
Esteban De Leon Julian
Benjamin Deltano
Audriana DeMello
Haden DeMelo

Noemi DePina
Madison Deschenes
Emily DeSouza
Jennifer Dinh
Clinton Dunston

Looking back on it, what do you think of your high school experience?



"I think my high school experience was full of ups and downs, but ultimately I think it shaped me into a more mature, intelligent, and confident person compared to how I started."
Tari Pereira, senior

"It was very up and down. I had tons of good memories and tons of bad. I don't regret any of of it though because every experience has made me the person I am today."
Cleo Almeida, senior

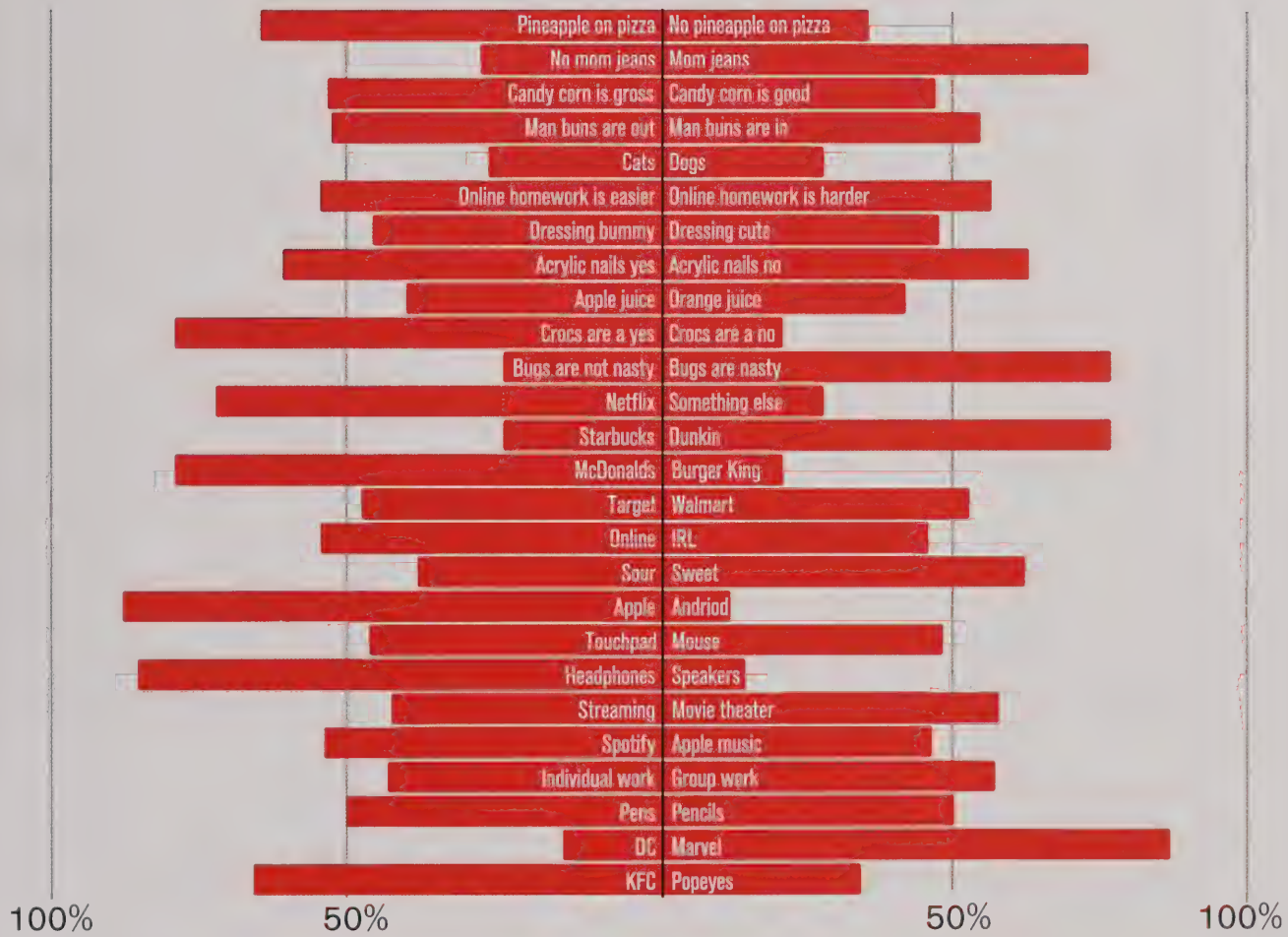
"Overall, it was great, but I definitely didn't reach my peak yet. It was a good time and there's little I would change about it."
Phillip Tran, senior

Cedric Duro
Asmaa Elmoussaoui
Kelvin Emerson
Allison Estrada Soto
Matias Evan

Lars Faria
Madison Farr
Aaron Feliciano
Mason Ferbert
TyAnna Fernandes

This or that?

Candy corn: good or gross? Cats or dogs? Seniors weigh in.



Dalineth Fernandez
Tiara Ferreira
Angel Ferrer
Jerry Flores
Demetri Fontenelle

Dominick Fontonelle
Jaqueline Franco
Benjamin Frenette
Beltran Fuenzalida
Destiny Fumo

Jossely Galvez Zepeda Dixi
Brianna Gambao
Deanna Gambao
Alexia Garcia
Arianna Garcia

Donte Garner
Emma Gendreau
Thierry Germaine
Tyler Giesta
Damani Gomes

Dimetris Gomes
Jeila Gomes
Jaiden Gomes-Watson
Zaidy Goncalves
Steven Goncalves-Monteiro

What were your favorite activities in high school?

"Soccer team was the best experience I ever had because I made friends who I can talk about what I like and they'll understand me."
Felix Chavez, senior

"Field hockey. We all love each other, and we are good at the sport."
Sydnee Ramos, senior

"Volleyball and weight lifting because it was a fun experience."
Jamiel Hernandez, senior

Angelita Gonzalez
Angie Gonzalez Lopez
Ranen Goodine
Jordan Graham
Lillian Gray

Kerianne Green
Morgan Gregoire
Buckley Gustave
Larimar Gutierrez Torres
Robert Hagan

The DO'S and DONT'S of senior year

"Pace Yourself! If you need a moment, take a moment. If you can, take college courses or dual enrollment. It's your last year, so make it count. Join as many things as you can!"
Nora Blancard

"If you plan on going to college, get your intent in line now. Watch deadlines, complete the FAFSA asap, as well as Common App. Have an idea about schools. Do your research! Get involved with Gear Up."
Jordan Graham

"Do not procrastinate! Do your stuff ahead of time. It's your year. Don't let others throw you off! Stay true to yourself. Play sports, join clubs, get involved! Never be afraid to express yourself."
Destiny Misay

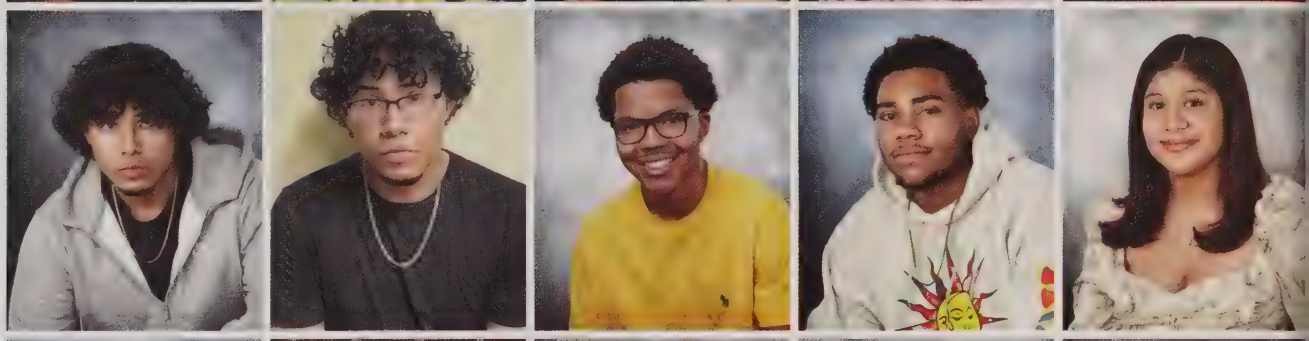
"Try not to stress, take time for yourself. Try new things, just grow! But stay on top of deadlines. Go on college tours when you can, and start emailing coaches at universities. Do early action, and write your college essays now!"
Sydnee Marie Ramos

"Get applications done as soon as you can. Don't push yourself too far. Don't overwhelm yourself with AP classes. Don't do drugs!"
Jaiden Gomes-Watson

"Summer of your junior year, focus on essays–at least drafting. Start early action! Keep your grades up, but enjoy your senior year."
Quilda Pires

Owen Harrington
Brooklin Henriksen
Cristian Henrriquez Cruz
Cristopher Henrriquez Cruz
Cervante Hensley

Jamie Hernandez
Jamiel Hernandez
Kai Jackson
Jacques Jeanty
Tiffany Jimenez



Kyra Johnson
Samuel Jupin
Dylan Knox
Jack Langley
Jonathan Lawrence

Kendra LeBron
Deisy Lee Rias
Richmond Kyle Lerio
Dakota Lobo
Alyssa Lopes

Morgan Lopes
Luis Lopez
Alanys Lopez Melendez
Joshua Luperon
Tobias Lyman

Favorite high school memory

"Marching Band home competition 2021. closing Night of Letters to Sala, RJD Jazz in the Gardens 2021. Opening night of The Skin of Our Teeth."
Kathleen Sprissler, senior

"Cruisin' in my wheelchair with Raven."
Sydni Colson, senior

"My favorite memory is when I played varsity fo field hockey, and we won 6-0."
Alayna Andrade, senior

Matthew Machado
Donald Macmillan
Naijaah Majette
Andre Maldonado
Nevaeh Maldonado

Dayanna Martinez
Abdiel Martinez Irizarry
Nayeli Matos
Celeste Matute
Anaiyah Medina

What was your first car?

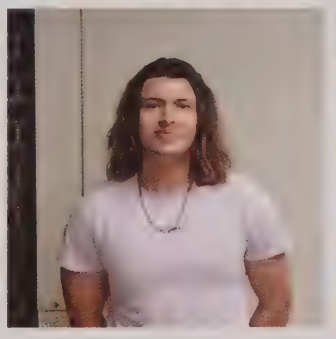
Senior Sam Mosher's first car was a gray 1997 Toyota Camry. Mosher kept extra clothes in his car and said that "Ozium is a must" as well.

Senior Calista Pacheco's first car was a black 2012 Nissan Sentra. Pacheco keeps a portable razor in her car along with a pink rubber duck and squishmallow.

Senior Andre Maldonado's first car was a black 2005 Honda Accord LX which included VTEC. Andre would keep extra clothes, a volleyball, and a basketball in his car.

Senior Destiny Misay's first car was a baby blue 2005 Volkswagen Beetle. After the car had an oil leak problem, she upgraded to a gray 2017 Honda Civic.

Senior Anderson Medrano's first car was a 2017 Volkswagon Passat. Anderson kept eight lacrosse sticks in his trunk along with a large array of snacks and drinks.



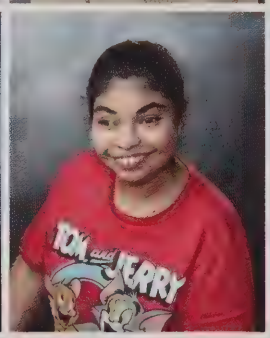
Senior Jordan Graham's first car was a 2004 Volkswagon Jetta and was known to have the loudest startup at the school.

Justin Melo
Destiny Misay
Joy Moniz
Liam Moniz
Cyrus Moniz-Pacheco

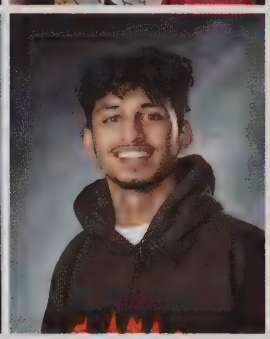
Alyssa Montanez
Elijah Monteiro
Carlos Montrond
Julianna Morales
Liam Moriarty

Saige Morro
Sam Mosher
Aaliyah Mota
Hanan Muse
Jaime Neto

Jaelynne Neves
Daija Nunes
Jessye Nunez Escoto
Tania Ortet Silva Cardoso
Micah Ortiz



Calista Pacheco
Alexis Padro-Henriquez
Kishan Patel
Felicity Penacho
Tari Pereira



Favorite teacher/subject?

"Ms. Costa. She's very down to earth and understanding and made the class fun."
Aden Pippin, senior

"Mr. Giammalvo. He's just really uplifting and helped me deal with my own stuff and made me have a better understanding of it."
Jaidyn Chor, senior

"Ms. Pacheco (math), because she has and will always be there for me."
Naijaah Majette, senior

Abigail Perry
Jacob Perry-Mojica
Syree Pina
William Racine
Ethan Ramos

Rylee Ramos
Sydnee Ramos
Jacob Rego
Timothy Renauld
Alyssa Reynolds

I don't want to grow up!

Kai Jackson
"I am scared of the future because I am undecided on what I want to do. My future plans are plain and simple: Get money. The one thing I miss the most about my childhood is going to Roosevelt and living life without responsibilities."

Macy Correia
"I'm really excited because I plan on becoming an elementary school teacher. On the other hand, I'm kind of scared for the future because the usage of social media is going to grow, and we're going to have less interaction with each other. I miss childhood and being able to live without stress."

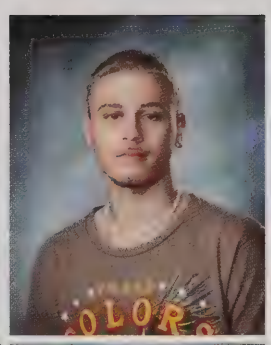
Ian DaCosta
"I am scared for the future due to the sole fact I have to make my own decisions. My future plans consist of playing baseball and soccer at Bridgewater State. What I miss the most about my childhood is being able to run."

Nora Blanchard
"I would say I am a little bit scared for the future because of the unexpected. I plan on attending Providence College, but I am still undecided. What I miss the most about my childhood is being able to play outside with all my friends."

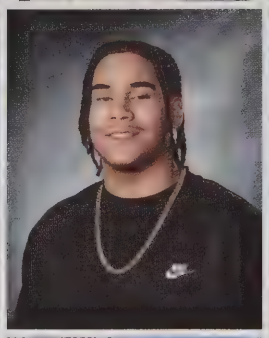
Joshua Rodriguez
"I am not scared for the future because whatever happens, happens. But, the future plan is just to stack my bread. On the other hand, I miss when I was a kid and did not have to worry about anything."

Emma Gendreau
"I'm a little bit scared for the future because we have been raised to go to school and come home, and graduating is going to lift that hold on us, making it scary to have that much responsibility and freedom. My future plans are to go to school for special education and then go to law school to become a special education attorney. With growing up, I miss all the friendships I had."

Tavanya Ribeiro
Messiah Ridgley II
Alexander Rios
Leticia Rivas
Lisbeth Rivas

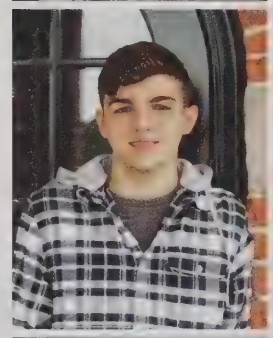


Akira Rivas Rivera
Daniel Rivera
Dahelys Rivera Rodriguez
Emellyn Riz Ajqui
Kelly Robillard



Mallory Rocheleau
Andres Rodriguez
Melanie Rodriguez
Tiffanie Rodriguez
Kailee Rolston

Owen Rosa
Adrien Rysz
Choudhury Safir
Traecy Saint-Louis
Genesis Salinas-Parajon



Dominga Sam
Sara Sandnes
Isabel Santiago
Andre Joshua Santos
Gabriel Santos

Notable high school accomplishments

"Being a part of AOH and doing honors classes these four years and 9 AP classes."
Lisbeth Rivas, senior

"Part of the Ultimate Frisbee club all four years."
Daniel Sharples, senior

"Winner of Yale book award 2021."
Jazmae'lyn Lorenzana, senior

Kalen Santos Rivera
Christine Sebastiao
Criseyda Segovia Ramos
Keanu Seixas
Diego Serra

Cheyenne Silva
William Silveira
Kayla Soares
Daneyshka Sotomayor
Amy Sousa

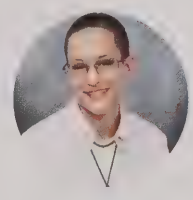
What are your favorites?

"Math, Money Heist and Criminal Minds, Leopard, Cape Verde, Khalid."
Noemi De Pina, senior

"YOU, Goat, Alice in Wonderland, volleyball, TikTok"
Arianna Tessier, senior

"Traveling, Grey's Anatomy, The Wolf, Twister, Sam Smith"
Abdiel Martinez, senior

"Heartland, Bison, Jurassic, The Dead South, Gardening"
Zachary Bois, senior



"American Horror Story, Cats, Vermont, Jennifer's Body, The Weeknd"
Jaidyn Chor, senior

"Senior dance, Adventure Time, Turtles, Wall-E, Show Choir"
Joshua Luperon, senior

"iCarly, Dogs, El Salvador, The Perfect Date, Ozuna"
Dayanna Martinez, senior

"Captain America: The Winter Soldier, Jesus, singing, TikTok, Show Choir"
Sydni Colson, senior

"Hunter x Hunter, Cats, Your Name, LiSa, Science Olympiad"
Phillip Tran, senior

"Biology, basketball, Outer Banks, Snow leopard, Bermuda"
Donald Macmillan, senior

"Grey's Anatomy, Monkey, New York City, Giveon, soccer"
Tari Pereira, senior

"Jujustu Kaisen, Otter, The Book of Life, dancing, Art Club"
Criseyda Segovia, senior

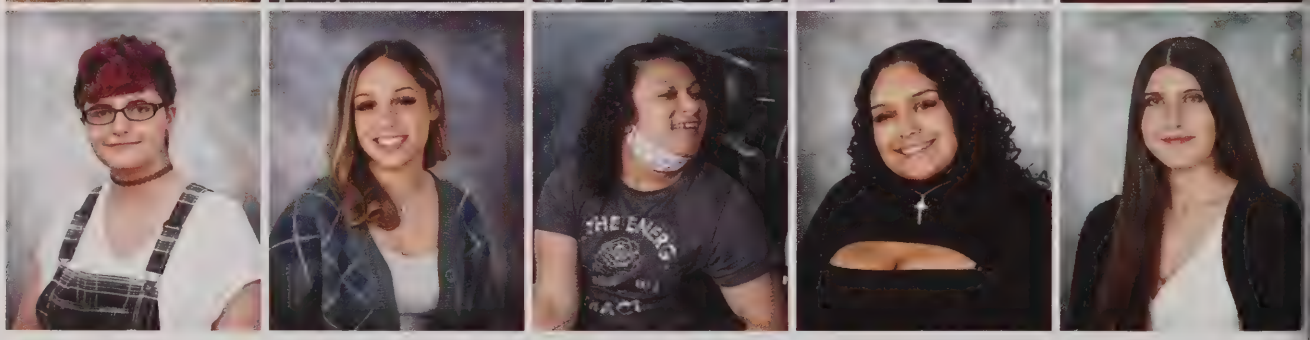
Natashele Souto Maior
Samantha Jesus Souto Maior
Kathleen Sprissler
Vanessa Sterlin
Elijah Suberu

Aydan Sullo
Manuel Suy Nas
Isadora Sylvia-Ribeiro
Skyla Talavera
Celina Tango

Matthew Tarpey
Derek Tejeda
Nathalia Tejeda
Arianna Tessier
Pablo Tiniguar Perpuac

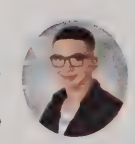
Leslie Tino-Escobar
Ana Tiu Tino
Ariana Todman
Phillip Tran
Diana Urbina Ramirez

Kaylee Valerio
Amelia Vargas
Aleishka Vazquez Gonzalez
Yanaliz Velez
Kayana Venancio



Thank you to...?

"I'm thankful to Mrs. Gomes, Mr. Mare and Mrs. Olivier because they are the best teachers that I had in my whole life and I appreciate them so much. I hope they will be in the graduation because I want to make them proud."
Tania Ortet, senior



"Thank you to Mrs. Dandeneau for always giving advice and guiding me when I have felt bad about myself."
Abdiel Martinez, senior

"The entirety of Gold Team because we are the best! and because of all the support I've received over the years from not only them but all the teachers I have worked with.
Micah Ortiz, senior

Martina Ventura
Marly Ventura Soc
Sophie Victoria
Elissa Vieira

Sky Viruet
John Walsh
Anna Ward Pina
Jessica Welsh

J'lysa Westgate
Sonjia Wheeler
Telly Wicker

What did it cost?

$1,729
Average rent for an apartment in New Bedford, according to rentcafe.com

$14.25
The minimum hourly wage in Massachusetts in 2022

$3.99
McDonalds Big Mac

$1.29
Cost of most new song downloads on iTunes

$30,233
Cost to attend UMass Dartmouth for the 2021-2022 school year (Tuition, fees, room, and board)

$4.28
A gallon of gasoline in New Bedford in March 2022

$19.99
Monthly cost of the premium Netflix subscription plan, which allowed four screens and HD streaming

$3.79
The average cost of a gallon of milk

$26,120
Base price for a 2022 Honda Accord

$1,199
Cost of the most expensive iPhone, the 13 Max Pro

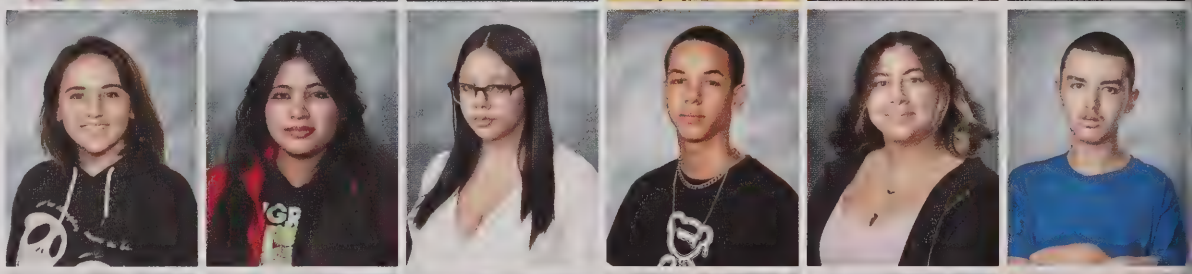
$14.49
Weekend movie ticket to see "The Batman" at the AMC Dartmouth Mall

$1.85
Cost of a Tall coffee at Starbucks

JUNIORS Class of 2023

Victoria Abolarinwa
Jovan Abreu
Payton Acevedo
Januel Acosta
Aiden Adao
Darnell Aguiar

Nevae'H Aiello
Meyssi Ajqui Garcia
Ana Alamo Aponte
Yadriel Alamo Vega
Vanessa Albino
Adam Alfonse



Arianne Allende Driscoll
Beatriz Almeida
Miguel Altar
Edwin Alvarado
Jason Alvarado Sanchez
Claudio Alves

Fernando Alves
Jaylen Alves
Justin Amaral
Daijon Andrade
Ivanilda Andrade
Iris Andrade Aguilar

Ledine Andrade dos Reis
Jamiah Andrade Fernandes
Jhonniel Angeles Reyes
Tristina Angelini
Johnathan Arce Degrace
Aliana Areias

Ronny Arellano
Keilin Arita Lara
Victoria Arribada
Janelys Arroyo
Samantha Aubin
Ronis Ayala

Shaleeha Ayala Cepeda
Kevin Ayala Manso
Nashaly Ayala Rodriguez
Darielys Baez
Mackenzie Baggs
Adilson Barbosa

Jessica Barbosa
Macario Barbosa
Marcio Barbosa
Vanilson Barbosa
Gisa Barbosa Teixeira
Carla Barros

Mason Barrows
Sarah Bartolomey
Payton Beaulieu
Connor Bento
Kayla Bernier
Kahlen Bertoldo

Ian Bigos
Olivia Blum
Jose Bonilla Aquiriano
Lynnse Borges
Ava Botelho
Dylan Botelho

Nicholas Botelho
Eric Boucher
Jonathan Bradshaw
Kaitlyn Braga Matos
Ana Brasidio
Evan Britto

Izaiah Brown
Vanessa Bucha
James Burns
Dakota Bussey
Devery Butler
Shyla Caban

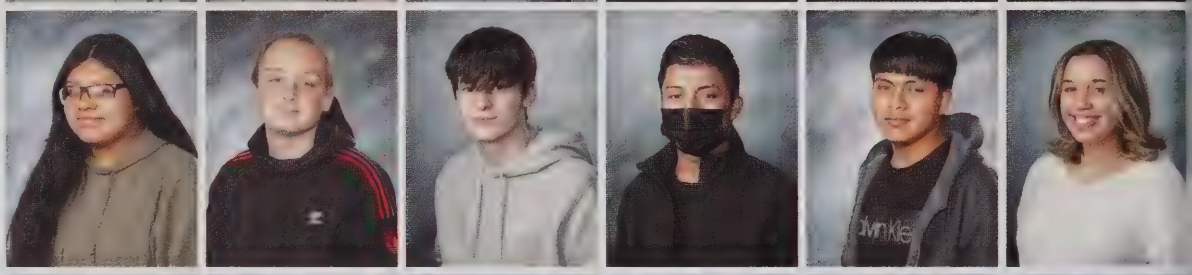
Haily Cabral
Jeremiah Cabral
Jhuaniss Caez
Edelmis Calderon Marcano
Makenna Calvao
Kandyce Camacho

Yadiel Camacho
Cree-Lyn Campbell
Elida Canahui Cojon
Allyson Canuto
Jaydee Caraballo Pizarro
Maybelin Carbajal

Devin Cardoso
Aaliyah Cardoso Rodrigues
Nathanyel Caron
Shay-Lynn Caron
Marta Castro Perez
Pedro Chacaj Rojas

Elmer Chach Gomez
Justyne Chalue
Cedric Charles
Eulalio Chingo Ixperpuac
Jarod Chmielewski
Jose Ciprian Lucas

Elizabeth Ciprian-Ventura
Walter Clayton
Ethan Coelho
Jose Coj De La Cruz
Alex Coj Garcia
Nicole Collado



Kaylanie Collazo
Stacy Collazo Reyes
Alexis Collazo-Ruiz
Giavanah Collins
Nellyda Colon Rosado
Ibrahim Conde

Evan Cook
Jayde Cooper
Jefferson Corado Garcia
Shawn Cordwell
Zachary Cornell-Johnson
Jose Correa

Skyler Corte-Real
Sophia Costa
Hannah Costeira
Joxel Cotto Ortega
Albino Coxic Velasquez
Alicia Crespo

Kacie Cruz
Calvin Cruz-Duarte
Amelia Cuevas Caraballo
Daniel Cummings
Jasmine Cunningham
Luisa Cu Raymundo

Sara Curry
Janice Da Costa
Dilson DaCosta Teixeira
Jorge DaCruz
Nelisangelo Da Cruz Goncalves
Brandon Dagraca

Benedito DaLomba Silva Monteiro
Kevin Dang
Ariana DaPonte
Hailee DaPonte
Diogo Da Silva
Jaden DaSilva

the year in review

HIGHEST-GROSSING FILM OF 2021	*Spider-Man: No Way Home*
BIGGEST-SELLING ALBUM OF 2021	Morgan Wallen, *Dangerous: The Double Album* (sales plus streaming); Adele, *30* (album sales)
MOST POPULAR CONCERT TOUR OF 2021	Harry Styles, "Love on Tour"
MOST-STREAMED NETFLIX SHOW OF 2021	*Criminal Minds*
TRENDIEST DANCE	The Gritty
PRESIDENT OF THE UNITED STATES	Joseph Biden
SUPER BOWL CHAMPIONS	Los Angeles Rams
WORLD SERIES CHAMPIONS	Atlanta Braves
MAJOR WORLD NEWS STORIES	The ongoing Covid pandemic; Russia's invasion of Ukraine; the Summer and Winter Olympics
TRENDIEST SOCIAL MEDIA APP	TikTok
MOST POPULAR SOCIAL MEDIA APPS FOR TEENS	1. Snapchat; 2. TikTok; 3. Instagram (Source: Piper Sandler poll)

TOP 5 HIGHEST-GROSSING FILMS OF 2021

1. ***Spider-Man: No Way Home***
2. *Shang-Chi and the Legend of the Ten Rings*
3. *Venom: Let There Be Carnage*
4. *Black Widow*
5. *F9:The Fast Saga*

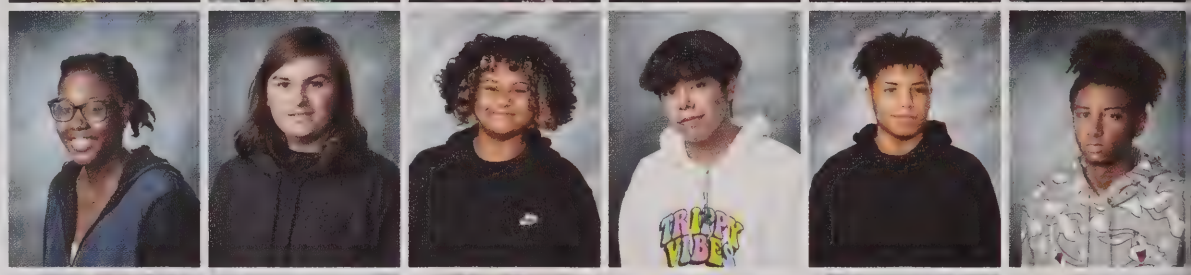
TOP 5 STREAMING SHOWS IN U.S. FOR 2021

1. Lucifer
2. Squid Game
3. Great British Baking Show
4. Virgin River
5. Bridgerton
6. You
7. Cobra Kai
8. The Crown
9. Longmire
10. The Handmaid's Tale

Brianna Davis
Alyssa DeCosta
Declan Dedrick
Olivia de la cruz Garcia
Agusto DeLaCruz Jimon
Cindy DeLeon

Micaela De Leon Julian
Elijah Demello
Dakota DeOliveira
Antonio Depina
Rachelle DePina
Simone DePina-Dosreis

Maeva Depradines
Eric Desrosiers
Tilay Diarza
Emerson Diaz Paredes
Yeirone Diaz Reyes
Cassius-James Dixon



Yandel Dominguez Vazquez
Luana DosSantos
Marcelo Dos Santos Oliveira Fortes
Marcia Dos Santos Oliveira Fortes
Luke Duarte
Devin DuPont

James Duponte
Julia Duran
Benjamin Eckert
Elizabeth Edminster
Lamont Edmonson
Micheal Elliott

Dylan Ellis
Jeraly Estrada
Ayva Faria
Rosa Faria
Carlos Farias
Julie Fasulo

Taliyana Ferguson
Morgan Ferland
Jordi Fermin Joachin
Amarae Fernandes
Dominic Fernandes
Jennifer Fernandes

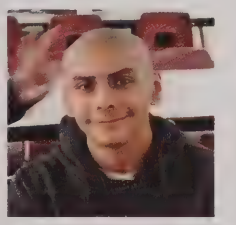
Jocelyn Fernandes
Johnathan Fernandes
Joseph Fernandes
Tiago Fernandes
Estrella Fernandez
Dariel Fernandez Contreras

Ariana Ferreira
Diana Ferreira
Joshua Ferreira
Nelson Ferrera Solano
Hector Figueroa
Jenson Figueroa

Destini Flores
Cameron Flynn Pava
Darren Fontes
Mikalah Fortes
Raymond Fortes
Cecelia Fumo

What do you wish you knew earlier?

"I wish I knew to surround myself with good people. The people you hang out with can define how you turn out."
Danny Lopez, senior

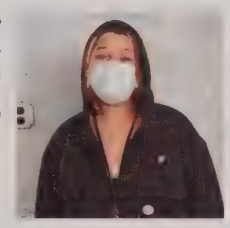


"I wish I knew that it is okay to branch out and talk to people you don't already know. I have so many of my best friends because of unusual circumstances."
Maya Ferbert, freshman

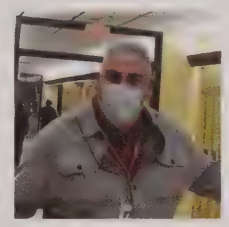
"I wish I knew that a lot of teachers really do care and will fight for you and communicate with you."
Saray Rios, sophomore

"I wish that I knew that there would be a different social climate and less drama to be involved with."
Lyla Stephens, freshman

"I wish that I knew how many after school clubs there really were. I am able to be a a part of so many different groups."
Av Acevedo, freshman



"I wish I knew how much could be learned from such diverse students. A lot of times they are the ones to teach me."
Nick Salmon, social studies teacher



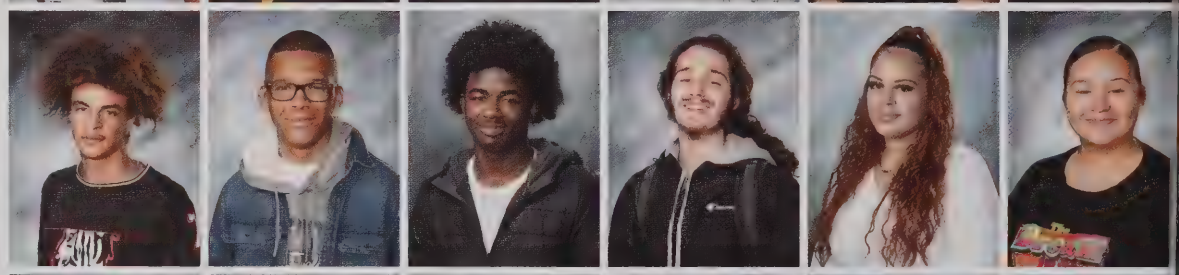
Janira Funez
Dominique Fuquay
Hunter Furtado
Makayla Furtado
Kyleigh Gagne
Nyasialee Gales

Ethan Gamage
Anisa Garcia
Genesis Garcia
Plabio Garcia
Omar Garcia Garcia
Karina Garcia Rodriguez

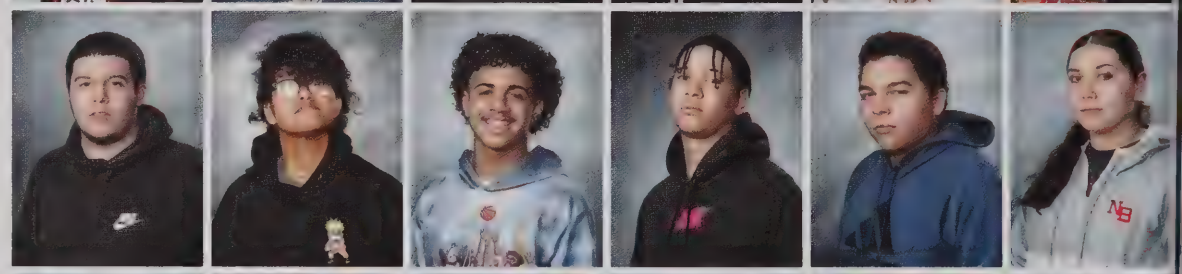
Juan Garcia Ruiz
Dasean Garzon
Jakyia Genereux
Collin Gibbs
Reed Gifford
Jake Gioiosa

J'ahndra Gomes
Saline Gomes Fernandes
Dulse Gomez Funez
Na'vian Goncalves
Nelisangela Goncalves
Ty-Nezjha Goncalves

Deurick Goncalves Gibau
Carlos Goncalves Gomes
Janilson Goncalves Monteiro Rodrigues
Braeden Gonya
Aleyshka Gonzalez
Alyssa Gonzalez



Anthony Gonzalez
Larry Gonzalez
Bryant Gonzalez Marcano
Victor Gonzalez Perez
Hiram Gonzalez Rivera
Soledad Gray



Madysyn Greenberg
Dillon Greene
Arianelis Green Nunez
Jomilie Guevara
Isaiah Gutierrez Santana
Naji Guzman-Shabazz

Alita Gwin
David Haig
Jahvon Hanson
Brielle Harding
Amari Harris
Arnol Henrriquez Ayala

Isaiah Hernandez
Jalynn Hernandez
Jazmine Hernandez
Roberto Hernandez
Nayely Hernandez Medina
Gianelys Hernandez Vega

Jaggar Hess
Zachary Heyes
Adrian Hodges
Atalya Hook
Aries Hubbard
Derek Hughes

Logan Isidoro
Domingo Ixcuna Aj
Fayith Jackson
Joseph Jackson
Kayani Jackson
Lopes James

James Jamina
Jebidiah Jerome
Haley Jimenez
Alizeh Johnson
Magali Juarez-Escobar
Symphony Justiniano

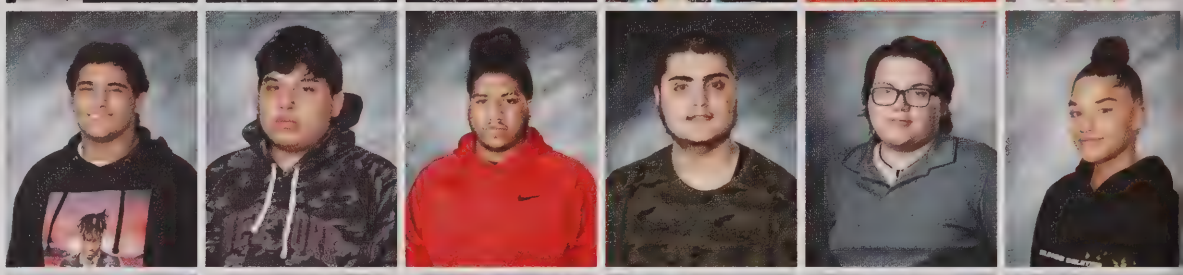
Zachory King
Brett Laferriere
Nathan LaFrance
Christopher Lake
Joyce Lantange
Savannah Laubenstein

Inayah Lavoie
Matthew Lavoie
Maritza Lazaro-Oger
Yvonne Le
Anthony Lee-Rivas
Bryan Lee-Rivas

Peter Leite
Exzaviah Lemos-Martins
Alexis Leonardo
Averi Lima
Alexis Linares
Moraa Livramento

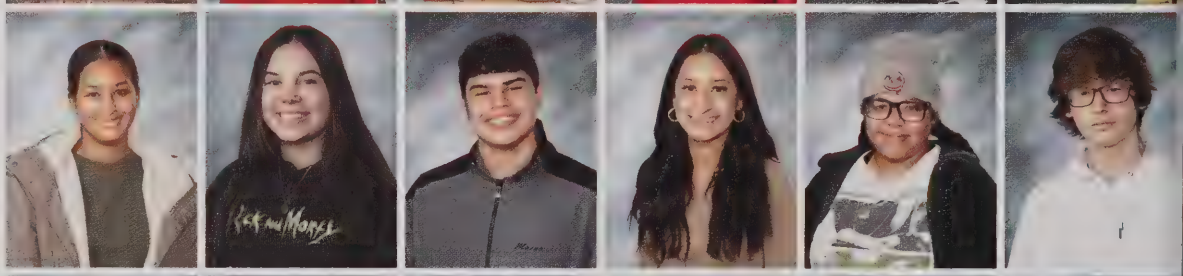
Alicia Lopes
Haven Lopes
Ilyzick Lopes
Kyla Lopes
Ricardo Lopes
Christian Lopez

Jaeden Lopez
Dorian Lopez De Leon
Richard Lopez Olivares
Kaden Loura
Kailey Lourenco
Elizabeth Lugo



Jenitza Luna Nunez
Ava MacMaster
Mari MacMaster
Kevin Madeira
Mohamed-Ali Mahmoud
Harmoney Mahoney

Kamaree Majette
Ariana Maldonado
Bayron Maldonado
Kayline Maldonado
Keylanis Maldonado Sanjurjo
Aiden Manchester



Andres Maric Ixcuna
Alexander Martell
Narissa Martin
Nancy Martinez
Keisy Martinez Espinal
Kenia Martinez-Velasquez

Kayla Martins
Andy Matano
Luis Mateo Colaj
Santiago Mateo Sam
Nyiesha McSwain
Aden Medeiros

Jaleea Medeiros
Lance Medeiros
Maria Medeiros
Sarena Medeiros
Aramis Medina
Nellyanne Medina Santiago

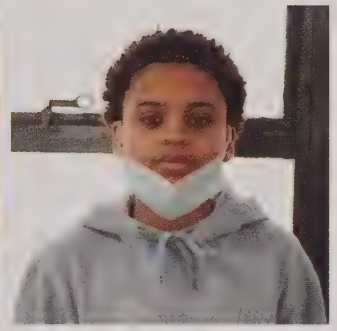
Vilma Medrano Yanes
Andy Mejia Manzanarez
Maynor Mejia Orellana
Keylin Mejia Palacios
Carlos Mejia Tipaz
Isabela Mejia Tix

Juliana Melara Recinos
Emelio Melendez
Ariana Melo
Serenity Melo
Fabian Mercado
Alessio Miranda

Mauricio Miranda Pereira
Keron Mitchell
Jenrry Molina Ayala
Leonardo Molina Diaz
Ethan Moniz

What's your background?

Jaiden is White, Black, American Indian and Portuguese. Jaiden said that his diverse background caused setbacks for him during his middle school years and remembered a time he was pulled over for no reason.
Jaiden Gomes-Watson, senior



Davon took pride in his Cape Verdean heritage. He said that it helped him connect to his family members on a deeper level.
Davon Centeio, freshman

Leticia is Hispanic and speaks Spanish as well. She said that being Hispanic made her more friendly since she had to be social at family events by greeting everyone with hugs and kisses.
Leticia Ribas, senior

Asmma is North African and speaks Arabic. She said she was thankful for her North African background because it helped shape her personality and the way she made friendships at school.
Asmaa Elmoussaoui, senior

Dario Monteiro
Joshua Monteiro
Daniel Montrond
Steven Morales
Jackson Morales Rivas
Mario Morente De Leon

Jorge Morente Perez
Amanda Mosher
Nevaeh Mullins
Andner Murillo Pacheco
Brayan Murillo Ramos
Savannah Murphy

Anthony Navarro Rodriguez
Joeliz Negron Gonzalez
Jhon Nicasio Paez
Kelsey Nickerson
Abbigail Niland
Jenna Nogueira

Andrea Nunes
Serenity Ocasio
Boniface Odhong
Ishmael Oku
Santos Olmos Tum
Kayleb Orlowski

Alex Orozco
Jhonny Ortiz Balbuena
Genesis Ortiz Garcia
Yagelis Ortiz Pena
Israel Osayi-Osazuwa
Carlos Osorio Gonzalez

Dakota Pacheco
Layla Pacheco
Gamaliel Pagan
Lauren Panaro
Mariela Pano
Hayden Paradise

Diego Paredes-Barraza
Angel Paz Rivera
Dioris Peguero Concepcion
Dessireidy Peguero Rivera
Lorenzo Peguero Romero
Isaac Pena-Jimenez

Shyanne Pennington
Alex Pereira
Hannah Pereira
Alicia Perez
Talia Perez
Joelysse Perez Rivera

Yanira Perez Riz
Devin Perry
Navahni Perry
Nevaeh Peterson
Janiah Phillips
Kobi Pickup

Joshua Pimental
Yamel Pimentel Diaz
Kiara Pineda
Ethan Pinette
Igor Pires
Leandro Pires Dos Santos

Fabio Pires Goncalves
Paul Pirrotta
Christopher Pisz
Kyle Pisz
Allyssa Poirier
Maria Pol Chicoj

What movie or TV show made you cry?

"'Avengers: Endgame' because black widow died."
Kennedy Franklin, senior

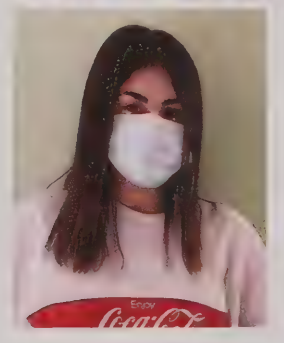
"'Uncharted' because Sam is in jail."
Audriana DeMello, senior

"'Spiderman' because Mary Jane dies."
Yasany Calderon, senior

"'Titanic' because a ton of innocent people died."
Leticia Garcia, junior

"'The Lion King' because the king dies.
Madysyn Greenberg, junior

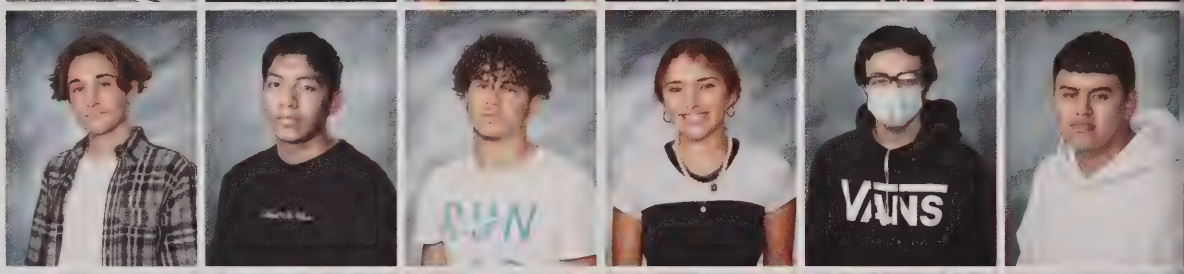
"'Euphoria' because it's deep."
Juliana Vaughan, sophomore



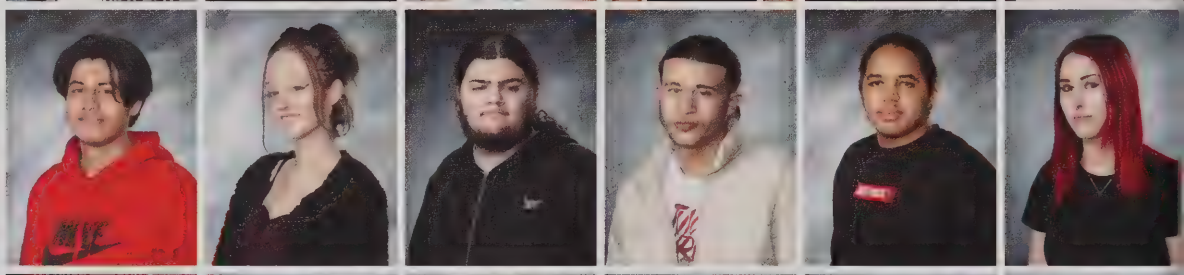
Rocio Pomales Sanchez
Leslie Portillo
DeShaun Price
Jalohn Price
Aaron Ptaszenski
Jariel Quinones Casanova

Paige Quiterio
Allison Ramirez
Aidyn Ramos
Edwin Ramos
Hope Raphael
Elizabeth Raposa

Gavin Realejo
Oscar Recinos
Colin Rego
Tatum Reis
Mychael Resto
Anderson Reyes-DeLeon



Erick Reyes Ruiz
Kaylee Reynolds
Jonathan Ribeiro
Jossiah Ribeiro
Mello Ribeiro Dos Santos
Linda Richard



Everson Rivas
Josselyn Rivas
Janelle Rivas Lovos
Carlos Rivera
Jezabelle Rivera
Mareyah Rivera

Shandaliz Rivera
Shanellie Rivera Ramirez
Patrick Riviere-Dagenais
Jason Riz
Natasha Robles
Evandro Antonio Rodrigues

Nevaeh Rodrigues
Joel Rodrigues Duarte
Alexia Rodriguez
Heby Rodriguez
Jailine Rodriguez
Josiah Rodriguez

Yarelis Rodriguez
Nilzon Rodriguez Cordon
Elian Rodriguez Palacios
Alexander Rojas Garcia
Nathan Rosado
Avelyn Rosa Mascarenhas

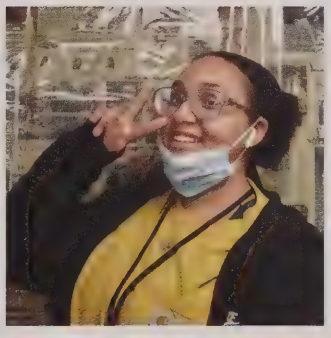
Nelson Ruiz Ajqui
Hadley Ryder
Bianca Sa De Medeiros
Brandon Saint-Louis
Bryant Sajvin
Andres Sam Tix

Estefany Sam Tix
Kimberly Sanabria
Juliana Sanchez
Darisbeth Sanchez Morales
Jayzire Santiago
Jean Santiago Marrero

Gregory Santiago-Rivera
Jayden Santos
Jessica Santos
Sage Santos
Letycia Santos Da Silva
Sergio Santos Santos

What is your morning routine?

"I wake up at 5:40, but I am not a morning person. When I wake up, I brush my teeth then take my vitamins and shower. After that, I do my hair, put my clothes on and leave for the school bus."
Muphaella St. Felix, junior



"I wake up at 6 a.m. I have an alarm at 5 a.m., but I never wake up at that time anymore because I am 100% not a morning person. The first thing I do when I wake up is look at my watch to see what time it is and put my clothes on"
Allyson Canuto, junior

"I am not a morning person. I am a night owl. I wake up at 6:30 because I have to get ready for school. First thing I do is brush my teeth, get dressed, then do my hair and eat something quick."
Rosa Duarte, junior

"I am a morning person I wake up at 6 a.m., but I fall asleep around1-2 a.m., so the latest I wake up is 6:30. First thing I do is take a shower, then I get dressed and go to school."
Aaron White, junior

Marissa Saya
Alyssa Scanlon
Heidi Seddon
Rony Segovia Garcia
Leily Semedo
Jonathan Serpa

Jason Sicaj
Stephanie Sicajau-Castellanos
Yamil Sierra-Cotto
Connor Silva
Nevaeh Silva
Alex Silva-Mandeville

Sarah Silveira
Kaydence Small
Nicole Soares
Jay'ley Soto
Kailey Sousa
Sarina Sousa

Christian Spooner
Eliot Spooner
Aaliyah Steidel
Muphaella St Felix
Aaliyah Stokes
Jazir Stringer

Nereida Suar Ramos
Man Ta
Tess Tarpey
Angelina Tavares
Anisa Tavares
Ashlynn Tavares

Edson Tavares
Joseph Tavares
Lilliauna Taylor
Lucas Tejeda
Mitchel Thompson
Claudia Tino-Tzoc

Cynthia Torres
Niacelis Torres
Nazeah Torres Crespo
Avery Tremblay
Elijah Trinidad
Nevijha Trinidad-Burr

Gabriela Tsaliagos
Eduardo Tzoy-Morente
Arieliz Valentin De Jesus
Victor Valladares Centeno
Jahzed Valls Sierra
Alcione Varela

Yomarie Velez
Davon Vieira
Devin Vieira
Jeremy Viera
Olivia Viera
Sawai Vilayvanh

J-Leah Villafane
Germany Villalobos
Joel Villanueva
Melissa Voltaire
Na-Mya Watkins
Aaron White

Koda Wingfield
Aiden Wood
Nevaeh Woodley
Laura Yac Ixcuna
Christopher Young Jr
Olivia Zak

William Zapon Maric
Victor Zayas

AP vs. DUAL CREDIT

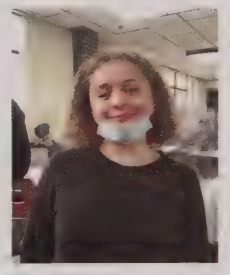
Which makes the most sense for those students who are considering continuing their education in college?

"Yes, I am an AP student and I am also an AOH student. The classes are pretty tough, but as long as you try hard you will keep up. I do think they are worth it if it is something you are interested in."

Sara Curry, junior

"These classes are challenging and have caused me to work even harder outside of school. I have had to put my sleep to the side to focus more on my AP classes, which has its advantages. However it all leads to a test that determines everything."

Kimberly Sanabria, senior

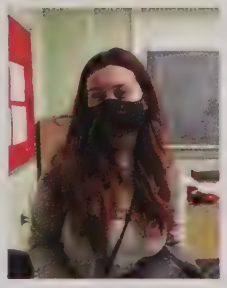


"I am an AP student and I'm also apart of AOH. In my opinion, the AP classes are challenging, but the resources given around you make it capable of understanding the material given."

Kelsey Nickerson, junior

"I am in AP student and I am in AOH. I think the classes are pretty tough, but rewarding. These classes are definitely worth it because I've learned more about myself and my interests than I think I would have if I didn't join."

Anisa Tavares, junior



"I am currently enrolled in 4 AP classes. AP Music Theory, AP Physics, AP Lit and AP Euro. I have been in AOH since my freshman year. These classes are very tough especially doing more than one, (but they) are very worth it. They teach you a lot about yourself, such as how you learn, your strengths and weaknesses ."

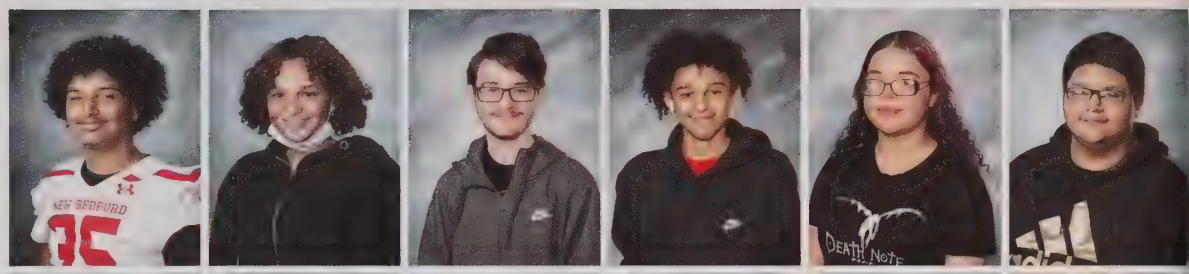
Luke Duarte, junior

"I'd recommend taking AP classes that you are interested in, personally I am a big fan of history and would strongly recommend taking AP Euro and APUSH if you love history. My biggest piece of advice would be to listen to yourself in how overwhelmed you think you might be and do research on the difficulty levels of the classes." -

Cynthia Torres, junior

SOPHOMORES Class of 2024

Yaciel Abrante
Iara Abreu
Trey Adao
Jordan Addison
Thalia Adorno
Omar Aguilar Gamez



Jonatan Aguilar Velasquez
Henry Aj
Sandra Ajeataz Suar
Elimanuel Alejandro Carrillo
Leynise Alfonso-Gonzalez
Leandro Almeida Furtado

Andre Altar
Isabel Alves
Aidan Amaral
Diego Amaya Montes
Anthony Andrade
Lawrence Andrade

Shaylene Andrade
Viena-Daniela Andrade
Nicol Andrade Carranza
Darlene Andrade Conceicao
KyLee Antunes
Amir Antunes-Bradley

Ashanty Aponte Neris
Rene Aranjo
Ricardo Araujo
Naira Araujo Soares
Jahir Arrieta Cesareo
Aydan Arruda

Evan Avila
Kennedi Avylla
Daniela Ayala
Jose Ayala
Regina Ayala Melendez
Alberto Baez

Melissa Baez
Carieishka Baez Sanchez
Kiva Bank
Craig Baptista
Carter Barbosa
Kyle Barbosa

Rinaldy Barea Velez
Meyah Barnicle
Rolando Barros
Lauren Baylies
Alejandro Beltran
Jenna Benoit

Isabella Berry
Timothy Bertoldo
Sofia Bilodeau
Michael Blechar-Melancon
Blake Borges
Jacob Borges

Michael Botelho
Devon Bouchard
Jorja Bowman
Kai Bowman
Serena Braga Canadinha
Lilian Brine

Rylan Brody
Jaiden Brooks
Maddisyn Brothers
Alexander Brown
Domanick Brown
Justin Brum

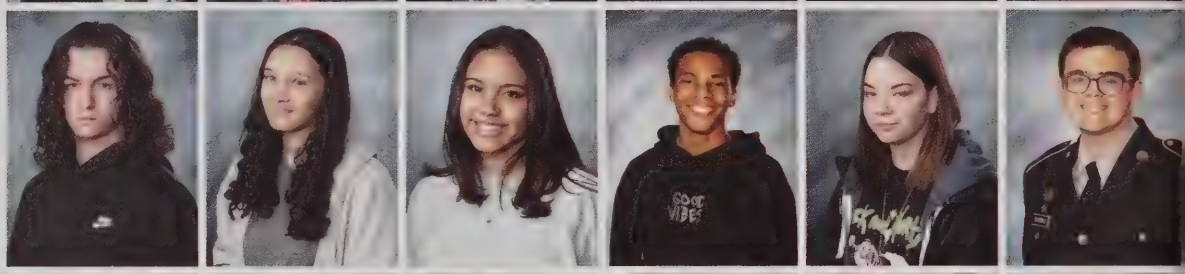
Dezmond Brunskill
Najah Burks
Jervonie Burr Tavares
Emily Busanet Quiros
Keichany Caballero Hernandez
Alyia Cabral

Josiah Cabral
Walter Cac-Franco
Yulisa Cac Garcia
Amelia Cail
Andrew Calabrese
Benjamin Calbo

Carlos Camacho
Janielys Camacho DeLaCruz
Eduardo Camilo
Stefani Campbell
Jarien Cardenas
Carmen Cardona Machado

Kaitlen Carpenter
Vilma Carpio Flores
Frenche Carrasquillo
Joniel Carrasquillo
Keila Carrasquillo
Chase Carreiro

Lucas Carreiro
Desire Carrion
Iriana Carrion
Carlos Carvalho Ribeiro
Kiara Casado
Anthony Casimiro



Annalisia Castro
Dani Castro
Ana Castro Julian
Nelson Castro Ordonez
Ray Chace
Osmin Chach Gomez

Justin Chaves
Luis Chavez Aju
Hayleigh Chenard
Isabel Chijal Ventura
Max Chingo Chingo
Wilbens Cine

David Cipriano Lopez
Santos Ciprian Us
Luis Cirino
Raquel Coelho
Alec Cohen
Edgar Colaj Acevedo

Juana Colaj Ventura
Isabella Colangelo
Carlos Collazo
Alondra Collazo Reyes
Izabela Collins
Jaheim Conteh

Lahrissa Cormier
Eddie Correa
Austin Correia
Isaiah Correia
Danialys Cosme Hernandez
Austin Cosmo

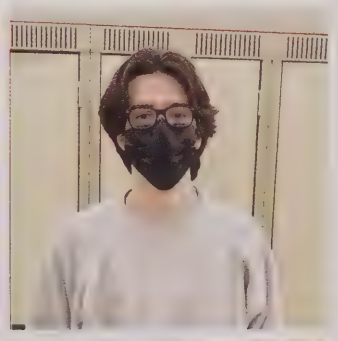
Daniella Costa
Peyton Costa
Mya Costeira
Hailee Cos-Ventura
Safiya Crawford
Adrian Cruz

Jaiceon Cruz
Joseph Cruz
Daivili Cruz Pena
Nadeysha Cruz Rosa
Alex Curvelo-Nogueira
Alexandra DaCosta

Arsenio DaCruz DePina
Landin Dallaire
Leonardo Da Luz Da Fonseca
Telma Da Luz Rocha
Hannah Damasio
Skylar DaRocha

Friends for life

Elijah's closest and longest friends are Aries Santos and Emmanuel Aviles. Elijah met Aries in pre-school and Emmanuel in 3rd grade.
Elijah Oliver, freshman

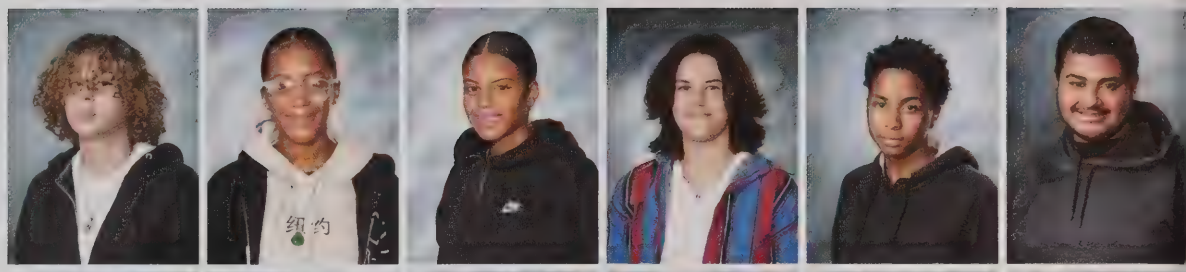


Craig's best friends are Ryan Ptaszenski and Landin Dallaire. Craig met them in elementary school through sports. Craig's favorite memories with his friends are the basketball games they play together.
Craig Baptista, sophomore

Tess' lifelong friend is Tatum Reis. They met when they were babies and became best friends in preschool. A memorable moment for Tess with Tatum is when she went on vacation to Cancun, Mexico with her and her family.
Tess Tarpey, junior

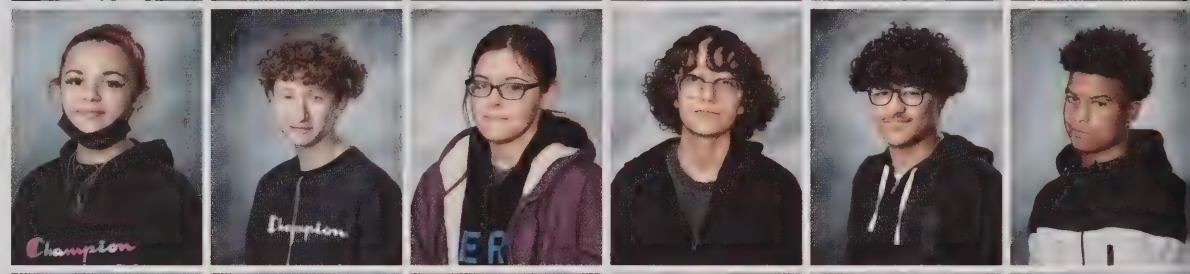
Jordan's life long friend is John Walsh. Jordan met John in 1st grade and since then they were best friends throughout elementary and middle school. They continued their friendship through high school baseball and most memorable moment was going to New Hampshire for baseball.
Jordan Graham, senior

Sabrina DaSilva
Aneesa DaSilveira
Soraya DaSilveira
Amelia Davis
Kamron Davis
Jaden Dean



Aida Delacruz Garcia
Angie DeLaRosa
Wilson DeLeon
Santiago de Leon Perez
Francisco Delgado
Gerson Delgado Lima

Nevaeh DeMello
Austin DeMello Morandi
Nevaeh DeMelo
Jayleana DeOliveira
Aijan-Ryan DePina
Fabio De Pina



Frederick DePina
Jarrell DePina
Matthew DeRosa
Abigail Desmarais
Jordyn Despres
Crystal Dias

Joazilene Dias
Karla Diaz
Arianis Diaz Abreu
Jack DiMatteo
Noah Dionne
Andre Dong

Paddy Dong
Dara DosSantos
Kevin DosSantos Lopes
Trenton Duarte
Giani Duarte Andrade
Carlos Dubon Diaz

Natalia Dumas
Emma Duponte
Mikayla Dutra
Landon Ellis
Elizeah Emerson
Jordyn Erickson

Timmothy Erickson
Anthony Estrela
Nicholas Fante-Racicot
Jensen Farnworth
Cameron Ferguson
Elielis Fermino

Xavier Fernandez
Cristian Fernandez Ortiz
Ameenah Ferreira
Aria Ferreira
Luke Ferreira
Jean Figaro Martinez

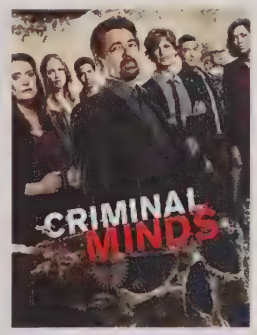
Alexander Figueroa
Mathew Figueroa
Lexie-Marie FitzGerald
Shanessa Fleurival
Marcelo Giovani Fonseca
Jennifer Fonseca Neves

Vanessa Fontes
Kaylie Forgue
Derek Fountaine
Na-Talyia Francis-Hechavarria
Jennifer Franco
Autumn Frias-Martin

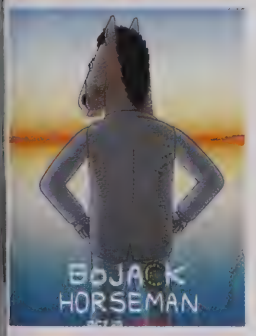
What's your favorite Netflix binge?

Sophomore Akil Silva: My favorite movie to watch on Netflix is *Scary Movie.*

Sophomore Owen Garzon: My favorite horror movie on Netflix is Haunted House 2.

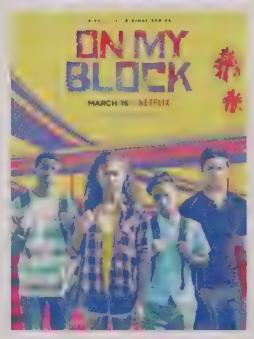


Shayley Andrew: *Criminal Minds* has to be my favorite show to watch on Netflix.



Sophomore Jayson Rose: My favorite show to binge on Netflix is *Bojack Horseman.*

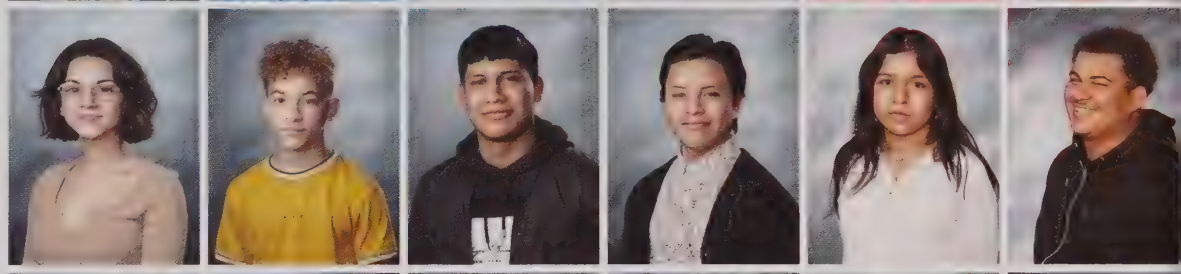
Sophomore Tavarus Veal: My favorite binge on Netflix is *Manifest* .



Sophomore Denzel Gomes: *On My Block* is my favorite show on Netflix.

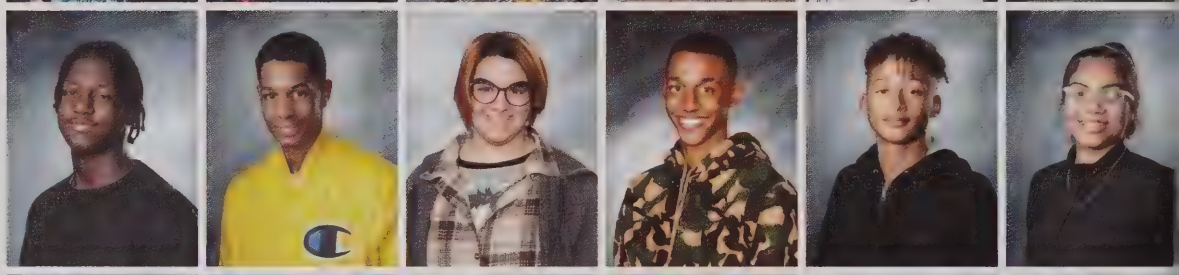
Mattison Frost
Jonathan Fuentes
Jonathan Galicia Lux
Christopher Garcia
Destiny Garcia
Donavan Garcia

Kassidy Garcia
Luis Garcia
Dani Garcia Castro
Siriaco Garcia Chingo
Andrea Garcia Merlo
Darwin Garcia Montero



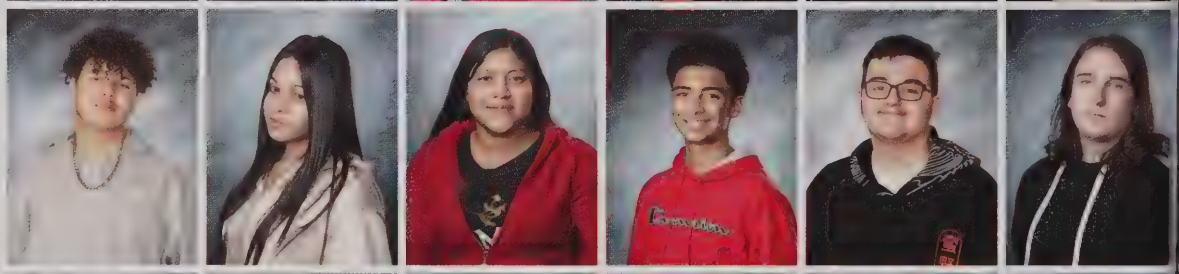
Owen Garzon
Morgan Genereux
Alexia Gibau
Emma Gibney
Taylor Gill
Dallas Gomes

Denzel Gomes
Diego Gomes
Juliana Gomes
Ronaldo Gomes
Kevin Gomes-Fontes
Eliana Goncalves



Joao Goncalves
Jocieana Goncalves
Anne-Marie Gonsalves
Michael Gonsalves
Arriana Gonzalez
Janyah Gonzalez

Jamalier Gonzalez Figueroa
Mileny Gonzalez Montanez
Leticia Gonzalez Reyes
Joseph Goodine
Joshua Gracie
Joey Grant



Margarita Gray
Ke-Liya Green
Janaeja Greene
James Grilo
Halli Grinnell
Jose Guardado Hernandez

Johnny Guardado Molina
Keneth Guerra Medina
Jason Guimont
Aydali Gutierrez
Sharisse Gutierrez
Emilyn Gutierrez Jimon

Heidy Gutierrez Morente
Tayel Guzman
Genesis Guzman Mejia
Zoe Hardy
Jordan Harrison
Cameron Henrikson

Aliayah Henriquez
Amilcar Henrriquez Espinoza
Jeffrey Hernandez
Carolina Hernandez Perez
Jaxiel Hernandez Rivera
Dennis Hernandez Sierra

Diana Hernandez Vasquez
Giandiel Hernandez Vega
Arianna Herrera Silverio
Devlin Heyes
Noel Heyes
Skye Hinton

Damani Hogan
Jazmyn Houston
Dakota Houtman
Emmy Howard
Annabelle Huston
David Insley

Samuel Ixcuna
Kimberly Ixcuna Sam
Darien Jack
Jordan James
Eric Jason
Diego Jimenez

Jae-Annah Jimenez
Kimberly Jimon-Delacruz
Vilma Jimon Gonzalez
Ashley Johnson
Nafis Johnson
Na'Kaylah Johnson

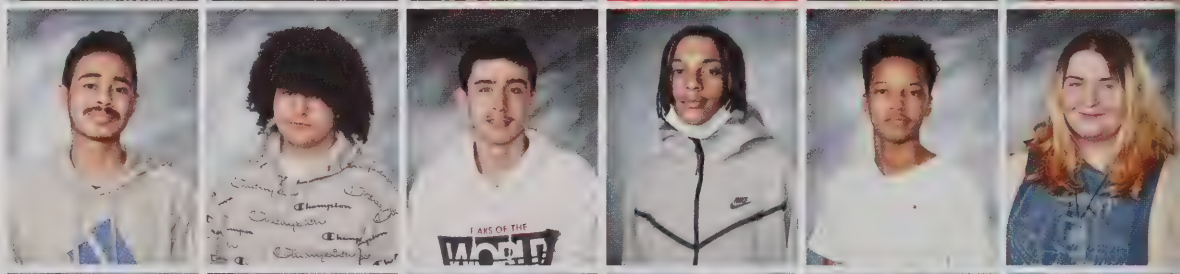
Samantha Johnson
Andres Johnson Castillo
James Jones
Keyanna Jones
Brianna Kelley
Amaya King

Corey Lanchester
Iansel Landron Arroyo
Lea LaPlante
Shayne Lassiter
Jesus Laureano Cepeda
Juan Laureano Cepeda

Joseph Lavoie
Anthony LeBlanc
Nevaeh LeBlanc
Lillie-Marie LeClair
Kevin Leiva
Shane Leon

Ayanna Leon-Barker
Elyza Erich Lerio
Makenzy L'Heureux
Areanna Lima
Celiane Lima Da Cruz Marques
Angel Lin

Isaiha Linares
Travis Lincoln
Christian Livramento
Javion Lloyd
Ronei Lobo Semedo
Georgia Logan



Ethan Lopes
Juliana Lopes
Kaliyah Lopes
Kyra Lopes
Azahlee Lopez
Christian Lopez

Nehemiah Lopez
Elixander Lopez Garcia
Michael Lopez Polanco
Shea Lowney
Michael Luarca
Ava Luiz

Tyler Lyons
Luciana Macedo
Diana Machado
Isreal Macias
Jonathan Malave Rodriguez
Luis Maric Ventura

Nolan Martin
Brian Martinez
Ruben Martinez
Cassie Martins
Isaiah Martins
Owen Martins

Melody Massa
Mearah Mateus
Alfredo Matias Blanco
Domingo Matias Blanco
Isdaniell Matias Ortiz
Jideon Mauricio

Who was your first celebrity crush?

Ross Lynch
"I had a pillow with his face on it! I thought he was so pretty and he could sing because I had seen him on Austin & Ally."
Anisa Tavares, junior

Justin Beiber
"He was definition swag when I was younger, even now. I thought he was so cool and hot I had a cardboard cut out of the guy."
Sydnee Ramos, senior

Selena Gomez
"I used to watch *Wizards of Waverly Place*, and I thought she was so pretty and funny. I had a huge crush."
Diego Serra, senior

Lola the Fish (Shark Tales)
"I thought she was so pretty, and even better she was a pretty fish. I also liked her dress."
Ava MacMaster, junior

Zac Efron
"I loved *High School Musical*. He had such pretty blue eyes, and I loved his voice."
Anisa Garcia, junior

Billie Eilish
"She's so pretty, and I love and connect to her music. She has such great style."
Kaila Cardona, freshman

Zendaya
"She's such a beautiful person, I loved everything she was in. I first saw her dance and sing on shake it up."
Anderson Medrano, senior

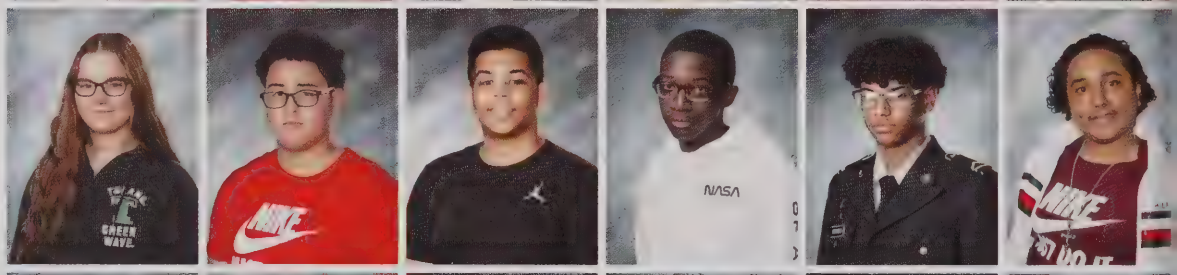
Usher
"The 'Confessions' music video had a hold on me. It was life-changing. He seemed so sensitive, and I just was mesmerized."
Kristen Liming, ELA teacher

Joclyn McCarthy
Meadow McCarthy
Katelyn McCormick
Ciarra Medeiros
Samantha Medeiros
Angel Medina

Janpier Medina
Yethziel Medina O'neill
Cristian Mejia Sicaj
Josias Mejia Tix
Stephen Mello
Hailey Menard

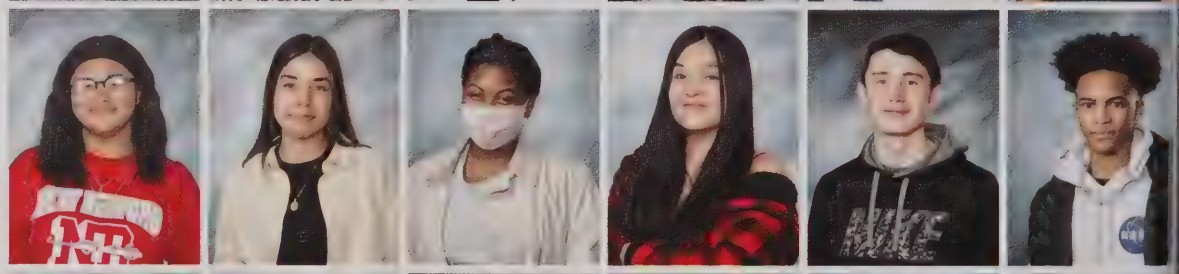
Geraldine Mendez Escobar
Marisol Mendoza
Lucas Meyer
Samiyah Miller
Sara Milosek
Janelis Miranda

Lauren Mitchell
Marvin Molina Seijo
Cameron Molleo
Rickerson Moncoeur
Inuyasha Monteiro
Jorel Monteiro



Julean Monteiro
Makaila Monteiro
Tiago Monteiro
Serenity Monty
Jonathan Mooney
Mardoqueo Morales Chitic

Jayce Morales-Lopez
Fabiana Morales Ramos
Xaneth Morales Rochez
Noraysha Morales Roman
Brandon Moreira
Kevin Moreira



Angel Moreno Velasquez
Andrea Morente Chijal
Chace Morrell
Alyse Morrow
Ryder Mulkern
Kenry Myrthil

Savannah Nascimento
Kaylana Nelson
Taelyanna Neves
Kayla Nicolas
Garibeth Nieves
Devin Nobrega

Jalysa Noriega
Alyssa Nunes
Leida Nunes
Zakari Nunes
Jeffrey Nunez
Ketsia Nyonga

Madisyn O'Keefe
Aden Oliveira
Maria Oliveira
Madisen Oliver
Fernando Olvera
Tania Orozco

What is your self-care routine?

"I like to do my skin care routine and binge watch my favorite Netflix shows."
Christine Sebastiao, senior

"For my self care, I do face masks."
Sophie Victoria, senior

"For my self care, I like to take care of my hair. I like to wash it then put all of my favorite products in it, etc."
Saulo Teixeira, senior

What would you do over, if you could?

"It would have to be my whole sophomore year because the pandemic took that year away for me and others, and I was a main character in the school musical, "Freaky Friday," which was Mr. Blumen."
Cierra Melo, senior

"To not get into relationships and not talk to people it is better to be alone than to keep getting hurt by people who don't deserve your time."
Felicity Penacho, senior

"Not having that Covid year, but also not wasting my time with some people and trying different things in the spring."
Zachary Bois, senior

Santos Ortega
Ryane Ortega Martinez
Dayanara Ortiz Martell
Gabriel Ortiz Otero
Madison Pacheco
Leslie Padilla

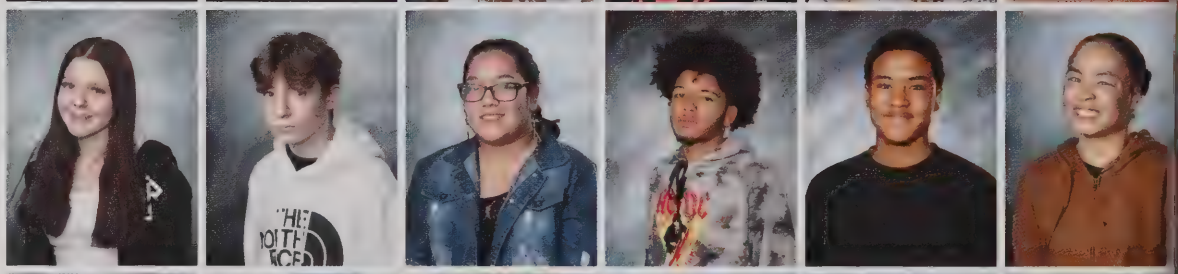
Wesley Padilla Solano
Brandy Pagan
Nathan Page
Juan Panjoj Suy
Sandra Panjoj-Triniguar
Jacob Paradise

Emma Parker
Jan Parrilla Muriel
Megha Patel
Aubrey Paulo
Gabriel Peixoto
Dalantae Pelletier

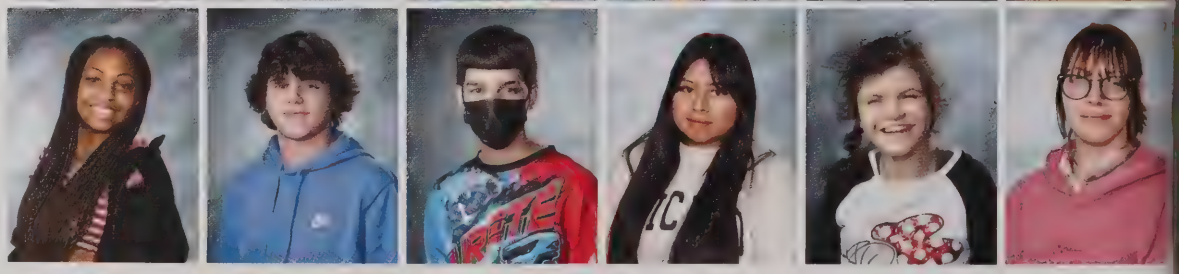
Lilah Peluso
Andrea Pena Jimenez
Braxton Pennington
Nilza Pereira
Victor Pereira Borros
Leticia Pereira Garcia

Alex Perez Quino
Haley Perry
Kassidi Perry
Riley Perry
Sophia Perry
Liliana Phaneuf

Dekotah Pimentel
Evan Pimentel
Yenifer Pinto Cordova
Denzel Pizarro Rodriguez
Fernando Polanco
Angel Posey



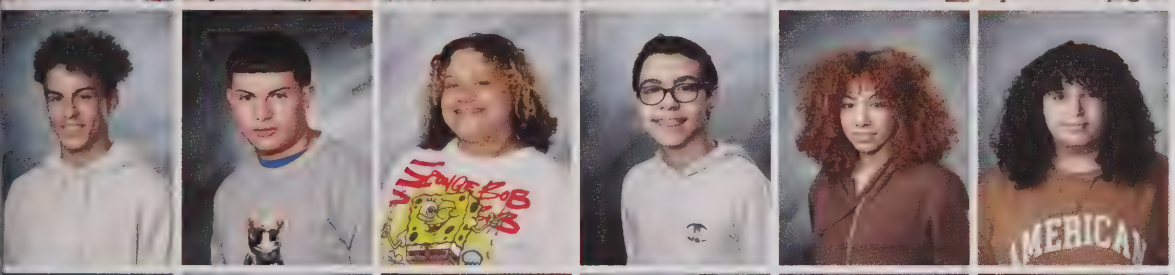
Sanaiyah Posey
Ryan Ptaszenski
Rayan Quiles
Reina Quinilla-Perez
Samantha Quinones
Scarlett Quiterio



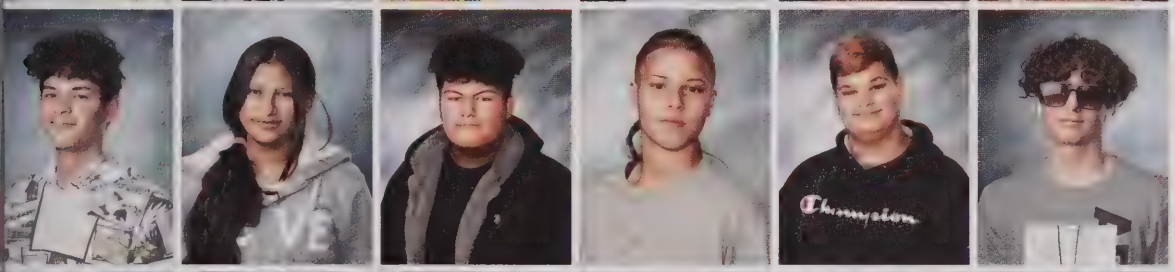
Benjamin Racine
Olivia Ramirez-Berry
Danny Ramos
Isabella Ramos
Jonathan Ramos
Asiya Ransom

Alexis Rebello
Jakiya Reed
Elijah Rego
Vanessa Reis
Derek Remy
Bianca Resende Fernandes

Nicholas Resendes
Javier Reyes
Jonathan Rhames
Avery Richards
Saray Rios
Arnoldo Riquiac Tiu



A'jay Rivera
Alejandro Rivera
Angeliette Rivera
Carmelo Rivera
Thalia Rivera
Yaneshka Rivera

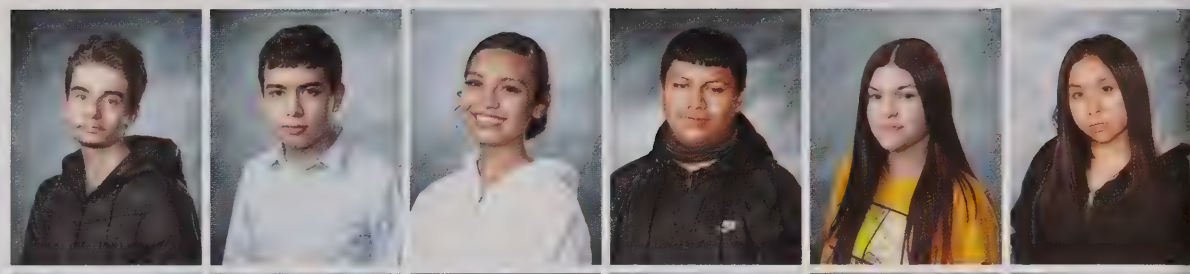


Axel Rivera Marrero
Zaira Riz Ruiz
Ivan Robledo Espana
Heaven Robles
Isaiah Rocha
Troy Rocha

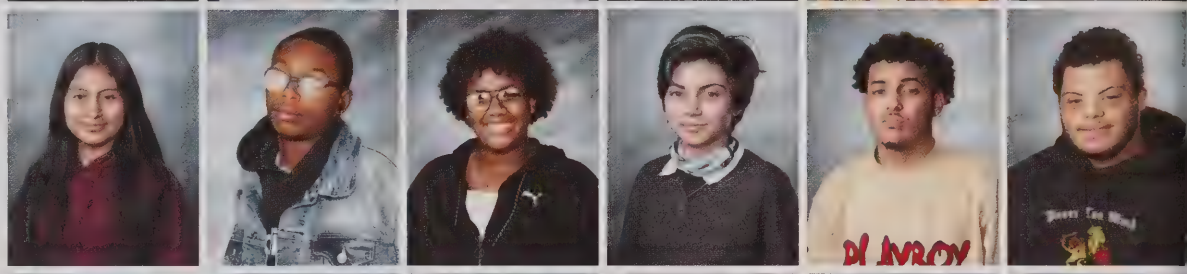
Cody Roderiques
Colin Rodrigues
Edmilson Rodrigues
Madison Rodrigues
Jeannya Rodriguez
Kaidyn Rodriguez

Micaya Rodriguez
Jeremy Rodriguez Ramos
Abneyleyshka Rodriguez Trinidad
Elijah Rosa
Geovane Rosa
Melanie Rosado Rodriguez

Tyler Rossi
Juan Rubio Zepeda
Maria Rubio Zepeda
Anderson Ruiz Garcia
Tamishka Ruiz Guzman
Ivania Salas Solano



Maria Sam Lucas
Aaron Samuel
Adelina Sanches
Angelina Sanchez
Dereck Sanchez Morales
Yandel Sanchez-Rohena



Shadae Sang
Luis Santana Tinoco
Nikolas Santiago
Jeanlianys Santiago Alvarez
Benjamin Santiago-Rivera
Natasha Santiago Rosario

Noah Santos
Naydeliz Santos Quezada
Yaniksei Santos Rodriguez
Haylee Saquic Ordonez
Delmi Saquique Ordonez
Justin Saunders

How do you eat a cupcake?

The strategies varied widely. Students could choose multiple options, because, of course, it may depend on your mood, the type or amount of icing, and who knows what else.

47.6%
Peel the paper all the way off, then eat.

43.8%
Peel the paper halfway off, then eat.

13.9%
The sandwich method. (Peel the paper, break off half the bottom and put i on top of the icing.)

Edenilson Semedo
Gisele Semedo Correia
Jared Seney
Lillian Sequeira
Elijah Serrano
Anthony Silva

Jonathan Silva
Akil Silva-Parson
Anthony Silvia
Mackenzie Silvia
Keanu Simet
Jacob Simonton

Corey Smith
Madison Soares
Jhon Sorto Benites
Nicolau Sousa
Jefferson Deus Souto Maior
Cody Souza

Geovana Souza
Gia Souza
Ian Souza
Yitzalis Sterling Rodriguez
Alex Suy Nas
Joshua Sylvia

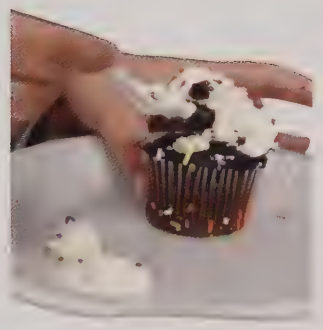
10.1%
With a fork or a spoon.

23.1%
Scrape off some or all of the icing and discard it, then eat.

20.2%
Have some or all of the icing first, then eat the cupcake.

12%
From the top down.

2.9%
Chop or mash it up with a fork or spoon, then eat.

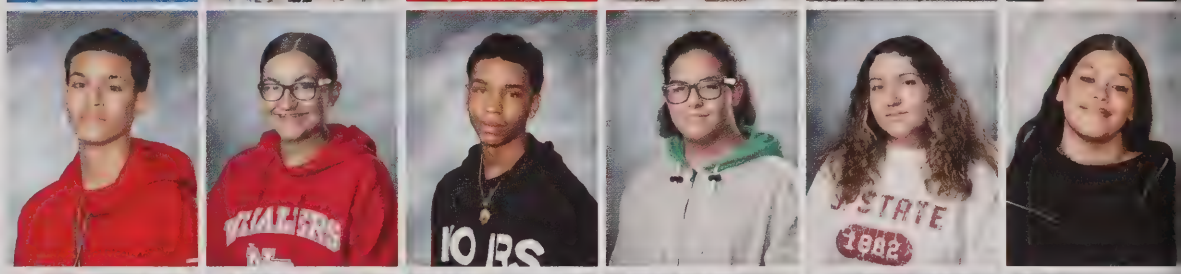


The Outliers: One respondent said each of the following:
~I hate cake.
~I just bite into the cupcake.
~Just eat the frosting.
~Swallow it whole.
~If it's too big then, I'll put it on a plate and cut pieces off and eat.
~If it's sugary frosting, then I scrape it off. If it's not, then I eat all the frosting then the cupcake.
~I don't like cupcakes.
~Add some water/milk along with the cupcake to a blender then proceed to drink it all up.

Aidani Tavares
Jayla Teixeira
Juliajah Teixeira
D'angelo Tejeda
Alexia Thompson
Nathias Thompson

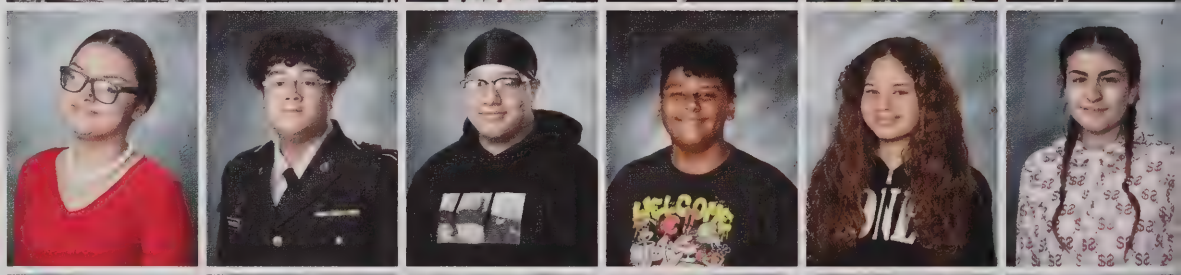
Ondrae Thompson
Stefani Tierrablanca-Rodriguez
Edy Tino Tzoy
Jessyca Titla Mora
Francisc Tix Perech
Azali Todman

Gianni Torres
Jade Torres
Jael Torres
Jaime Torres
Julie Torres
Layla Torres

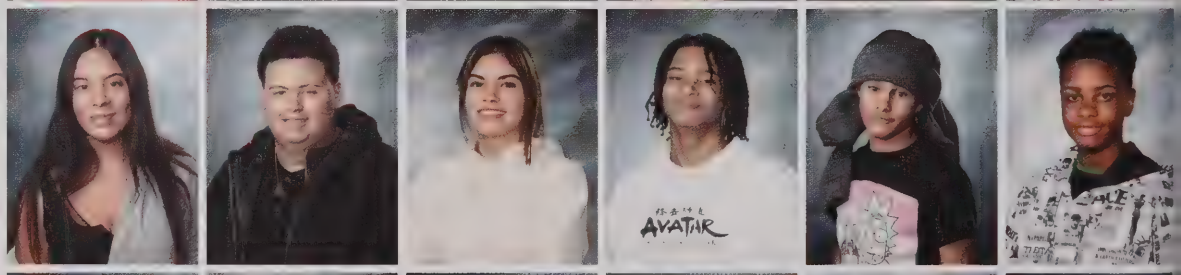


Nimarys Torres
Domingo Tum Lopez
Abraham Us Pacheco
Devon Valente Costa
Alexis Valentin
Christine Valentin

Jazlynn Valentin
Jonathan Van Diest
Felix Vargas
Jonathan Vargas Martinez
Yiraliz Vargas Oquendo
Juliana Vaughan Genereux



Ashanty Vazquez
Jayson Vazquez
John-Nea Vazquez
Tavarus Veal
Johnnyel Vega
Maximiano Veiga Gomes



Isaias Velez
Saydelis Velez Montes
Juan Velez Torres
Anais Veras Santiago
Felix Vicente Mendoza
Christopher Vieira

Orlando Vieira da Silva
Nadia Villanueva
Ethan Viveiros
Jerry Vongsouna
Jude Walker

Aaron Watts-Pine
Anthony Weber
David West
Chanel Williams
Davon Williams

Jayden Woodbury
Gilmar Yac Amperez
Ferreira-Hrecek Yuri
Abby Zhang

FRESHMEN Class of 2025

Jonathan Abarca Quinonez
Avah Acevedo
Candislee Acevedo
Kyanda Acheampong
Cibele Agostinho De Souza De Sa
Rivaldo Aguilar Lopez

Roberto Aguilar Lopez
Wilson Alberto Mejia
Jade Alfonso Gonzalez
Sebastian Alifonso Albassan
Elijah Allende Driscoll
Ma'kyah Almeida

Benjamin Alonzo
Harmony Alvarez
Yaritza Alvarez-Ayala
Daniel Alves
Jasmin Alves
Alexander Alvira Morales

Kaleal Amado
Afonso Amaral
Ayvianna Amaral
Nevaeh Amaro
Diomar Anaya Colon
Zaria Anderson

Laura Andrade
Leandro Andrade
Brandy Andrade Aguilar
Brandy Andrade Aguilar
Maby Andrade Ayala
Djamila Andrade Da Silva

Antonio Aponte
Robert Aponte Gomez
Elaina Arce
Alex Arroyo
Edzel Arroyo
Christofer Arruda

Eric Arruda
Nicholas Arsenault
Alexander Aulston
Mathew Ayala
Keilyn Ayala-Lopez
Willie Ayers

Jael Baez
Pachine Baez
Christian Baptista
Darrius Baptista
Isaiah Baptista
Valdemira Baptista

Djeison Barbosa DePina
Owen Bennett
Anette Bennett-Tucker
Alexis Bentley
Steven Bernardo
Emory Berube

Nathan Bickett
Chasity Bizzarro
Jordan Blackwell
Hannah Blanchard
Narissa Blevines
Haider Bokhari

Jan Bonilla Ortiz
Maya Braz
Finn Briggs
Averi Brown
Edailyn Bueno Abu
Toni Busby-Filkins

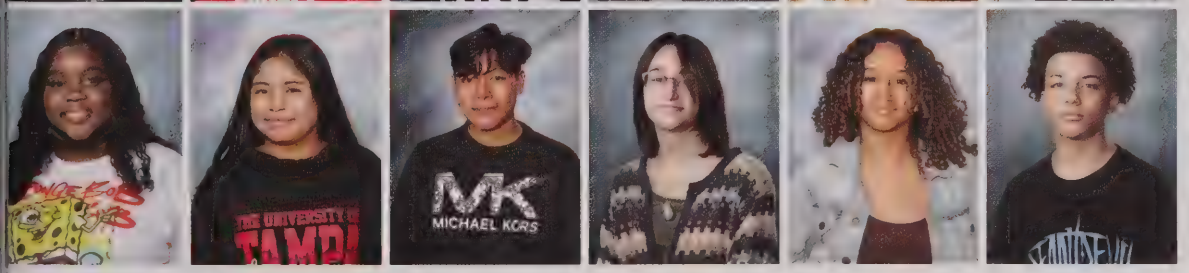
Carlos Cabral
Keira Cabral
Heilie Cabrera
Mauro Cahuec Sam
Edvin Calachij De La Cruz
Elijah Camacho

Amiyah Campos
David Canegata
Tomas Canil Panjoj
Neishalys Caraballo Garcia
Janiya Cardona
Yahir Cardona

Noah Cardoso
Angel Carmenatty
Astrid Carranza
Elisama Carrillo Tomas
Aiden Carvalho
Derek Carvalho

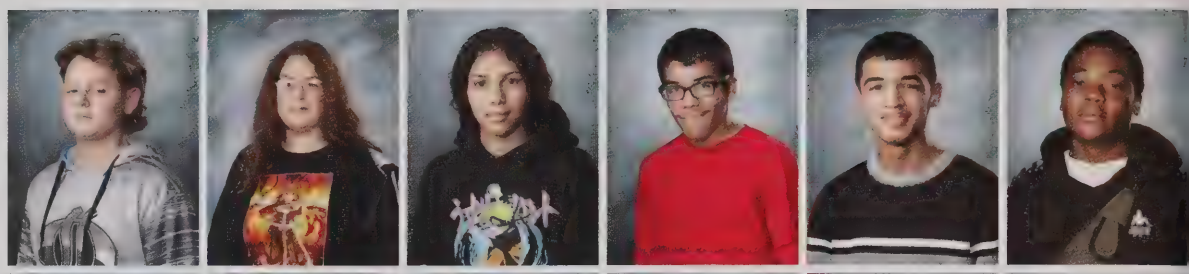
Taya Carvalho
Joseph Castelo
Sydney Castor
Andy Castro
Jazmyn Castro
Eva Castro Quinilla

Davon Centeio
Juana Chach Ixcuna
Cristian Chach Olmos
Dylan Charest
Idris Cherifi
Rolando Chingo Chingo



Didlay Cine
Maria Ciprian Tzoc
Juan Colaj Chach
Mia Colangelo
Jayliana Collazo
Noah Collins

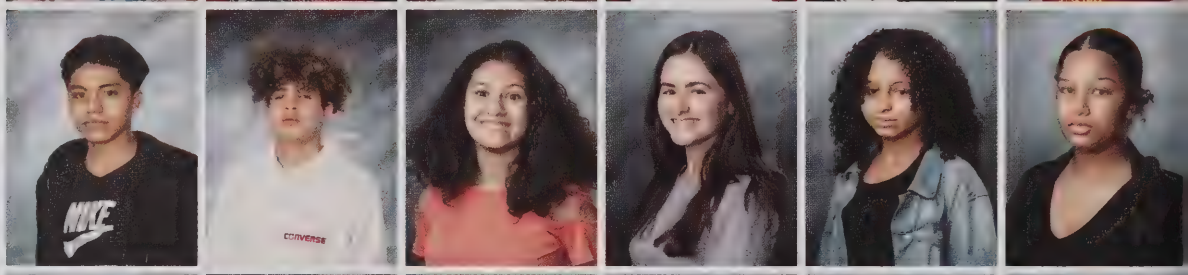
Tristen Collins
Emily Colon
Joelliz Colon
Luis Colon
Xavier Colon
Kaizyon Colton



Braedin Cook
Kayden Coombs
Caitlyn Cordeiro
Adrian Coreas Orantes
Adrian Correia
Leidy Correia Fortes

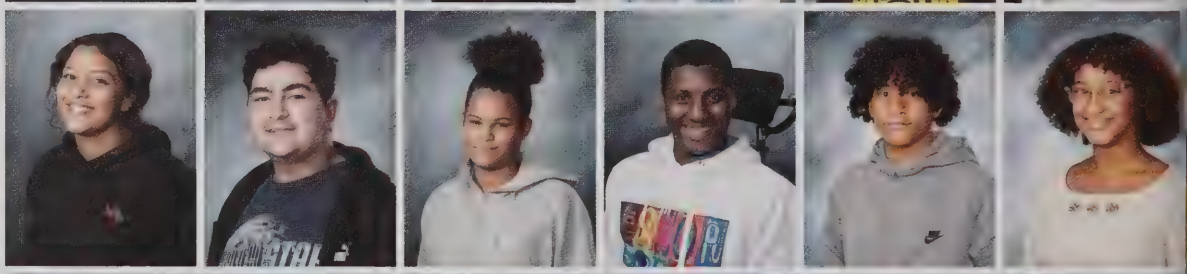
Isack Cortes
Ronal Corvera Dominguez
Alexis Cote
Savanah Cote
Olivia Cousins
Trevor Cruz

Brayan Cuc Ramos
Yomar Cumba Hernandez
Vanessa Cunningham
Emily DaCosta
Tatiana DaCruz
Juliana Da Lomba



Jazmine Dapice
Christian DaSilva
Cintia DaSilva
Fatima DaSilva
Jason DaSilva
Jazelle DaSilva

Sariah DaSilva
Nathan DaSilva Amaral
Virginia DaSilveira
Silas DaVeiga
Angel DeBarros
Djaylah DeCarvalho



Audra Dedrick
Lidia De La Cruz Garcia
Gustavo De la Cruz Gomez
Shanira Deleon-Grave
Edrick Delgado Reyes
Alejandro DelRio

Harold DelValle
Dominic DeMello
Maura DePina Diniz
Tatiana DesJardins
Isaiah DeSouza
Joao DeSouza

Bruce Despres
Dereck Diaz Camacho
Jaycy Diaz Marrero
Yeiniliz Diaz Reyes
Nirline Dieu
Lisanny Dijol Quezada

Landon Domingos
Liandro DosSantos Alves
Jayla Douglas
Trayvaughn Duane
Jadaley Duarte
Albert Duran-Guardado

Brittany Duro
Akyra Eagan
Jelitza Enamorado
Alexis Escobar Velasquez
Kara Espinosa
Alexandra Esquilin Fernandez

Juan Estrada Pena
Edward Estrela
Dominic Faria
Xander Faria
Maya Ferbert
Jayla Fermino

Carlos Fermino Do Rosario
Nurian Fernandes
Jayverie Fernandez
Joheilee Fernandez Morales
Kenairys Fernandez Ortiz
Jason Ferreira

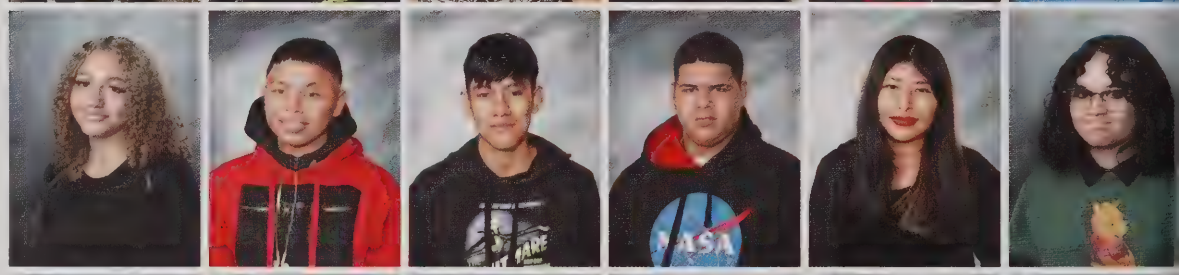
Paula Ferreira
Deborah Ferreira Urbano
Luis Ferrer
Yanira Figaro
Jazmin Marie Figueroa
Kenneth Figueroa

Acelyn FitzGerald
Nelson Flores
Davon Fountaine
Nolan Fox
Sean Fox
Aaliyah Francis

Rigoberto Franco Hernandez
Jayden Franklin
Aidyn Frates
Skyla Freitas
Danielle Frost
Angelina Furness

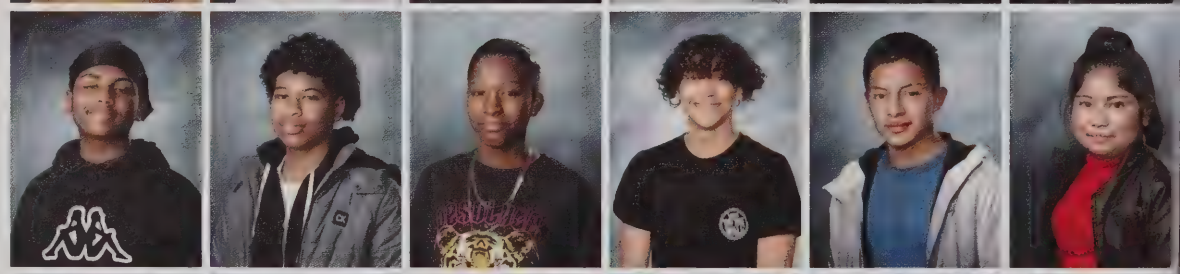
Kylee Furtado
Elvis Camilo Gacamperez
Ava Gajewski
Alysha Garcia
Israel Garcia
Jorge Garcia

Valia Garcia
Yerson Garcia Ajqui
Yoni Josue Garcia DeLaCruz
Elvin Garcia Flores
Wendy Garcia Gomez
Nyleaiha Garcia-Lopez



Tyler Gaspar
Shaidyn Gelmete
Darlene Gibau
Ava Gilmartin
Eduardo Junior Gome Gutierrez
Blake Gomes

Jahmai Gomes
Miguel Gomes
Sandrine Gomes Fernandes
Jeremy Gomez
Miguel Juan Carlos Gomez Ciprian
Catarina Gomez-Ixcuna



Edgar Gomez Jimon
Vicky Gomez Saquic
Lily Gonet
Angel Gonsalves
Marquize Gonsalves
Brianna Gonya

Noah Gonzales
Jarren Goodine
Collin Goodwin
William Goyette
Andrew Grabczyk
Zania Grace

Ciara Gracia
David Gracia
Kallee Gracia
Jayliana Grajales
Wendy Grave De La Cruz
Elmer Grave Morente

Ayden Gray
Yamyah Green
Juwan Greene
Pedro Gutierrez
Nataly Gutierrez-Jimon
Misael Guzman

Alaysia Hall
Jack Harding
O'neil Harris
Mariam Hasab
Emily Hebert
Noah Hernandez

Hector Hernandez-Ajqui
Leandra Hernandez Argueta
Laura Hernandez Guardado
Jimena Herrera Alvarenga
Lonnell Hodges
Amari Holley

What's your sign?

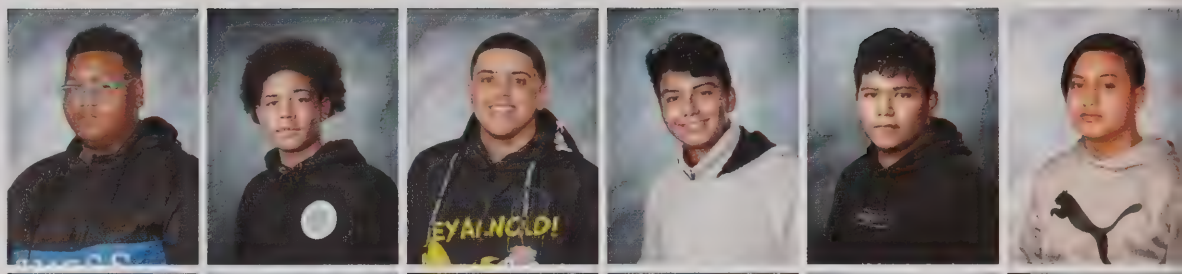
"I learned sign language in third grade. I love sign language because I am hard of hearing and it helps me to communicate, and no, it was not hard for me to learn."
Isabel Santiago, senior

"I learned sign language because I want to be an interpreter. It wasn't difficult for me to learn. I started in 7th grade. ASL does seem to come easy to me, but I am still not fluent. I enjoy it and find it fun to have another language so that I can communicate with more people."
Halli Rae Grinnell, sophomore

"I was a little girl when I started ASL. Due to being born deaf, I learned sign language. It was not hard to learn because I had a lot of practice with friends that are deaf. I love sign language!"
Ashanty Aponte Neris, sophomore

"I am learning ASL because I got interested while watching a show. I started learning in middle school then stopped but picked it up again this year. It's fun learning another language, especially when we play games."
Daija Nunes, senior

Michael Hubbard
Davani Hunt
Lusiano Inoa
Alex Ixcuna
Mario Eduardo Ixcuna
Wilson Ixcuna Choc



Pedro Ixcuna Matzatz
Maria Ixcuna Olmos
Jose Ixcuna Tum
Walter Ixperpuac Morente
Dulce Ixtuc Simaj
Devan Jablonski

Hugo Jacob Reig
Lequinn Jean-Bautiste
Alyssa Jenkins
Dave Jeune
Marco Jimon Ajqui
Cage Johnson

Christopher Johnson
Julez Johnson
Brody Jones
Jordan Jones
Sheldyn Jones
Jaydin Jorge

Nuno Jorge
Owen Jupin
Elijah Justiniano
Ava Kaplan
Joniel Kelly
Meredith Kelly

Alexander Kimball
Darius King
Liliana Kircher
Cody Knight
Alaina Lague
Ava-Lynn Lane

Leonardo Larios Toj
Alexander Laureano
Lesvia Lazaro Maric
Sara Lazaro Pacheco
Isidro Lazu
Jucele Lee

Joshua Leeber
Julia Leite
Seth Lemos
Jose Leon
Cameron Leonardo
Makaiya Lewis

Jovanney Lima
Melissa Lima Gomes
Altaya Lincoln
John Lobo
Violet Lopes
Erico Lopes Rodrigues

Braeden Lopez
Catherine Lopez
Dallyana Lopez
Daziah Lopez
Erick Lopez
Amarilis Lopez Centeno

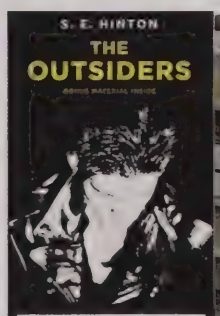
Rosa Lopez Julian
Roberto Lopez Melendez
Yoselin Lopez Melendez
Abigail Lopez Morales
Cristian Lopez-Pacheco
Edgar Lopez-Pereira

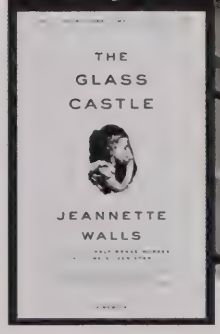
What was your favorite book you read in school?

The Outsiders because it was my first time reading it, and it tuned out to be very interesting. There's also a movie that goes along with it. I would be willing to read it again, but not the work that comes with it.
Juliana Da Lomba, freshman

The Glass Castle because it had a very interesting storyline that was very inspiring.
Lauren Baylies, sophomore

The Great Gatsby since it demostrated what a woman in love is capable of.
Rhamces Martinez Rentas, senior





I read *The Lord of the Flies* in ninth grade and really enjoyed the allegory of the story. It made me reflect on the effects of humanity and its future..
Juliana Melara Recinos, junior

All the Light We Cannot See is just *chefs kiss*. Think about it: WWII, historical fiction, and the tiniest sprinkle of non-existent romance.
Edelmis Calderon Marcano, junior

My favorite books were *Junie B. Jones* and The Magic Tree House' books because they were filled with entertainment, drama, and adventure.
Jacenia Cortes, freshman

I remember reading *The Things They Carried* back in my sophomore year. It provided a unique setting and "war story" sense that I didn't experience before, and I was a bit interested in history during the time period the book was set in.
Kevin Dang, junior

My favorite book is *Where the Wild Things Are* because the pictures are great, the book is amazing."
Joseph Jackson, junior

Overall, *Aristotle and Dante* is my favorite book so far. I've read many books before but nothing about the main character liking the same gender as them. It is great to see a change in literature for once. It is a great book.
Nirline Dieu, freshman

Aristotle and Dante Discover the Secrets of the Universe. I love this book because it reminds me of my own life and it's realistic, unlike the books we normally read in school.
Liliahna DaCosta, freshman

Anne Frank's diary because it shows me the Holocaust from her point of view and all the things she went through.
Danazsha Woodley, junior

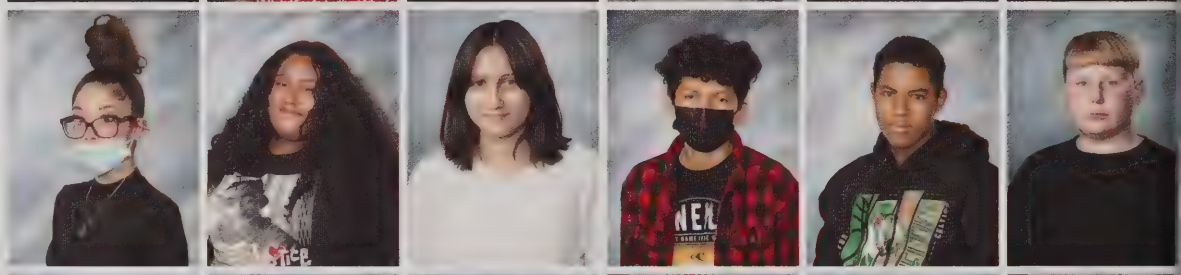
The Outsiders, where the main character and his friends were teenagers like us. The plot overall was very interesting and made me want to read it outside of class.
Annabelle Huston, sophomore

Jenna Lourenco
Eddy Lucas
Yomar Lucena Garcia
Trinity Luiz
Carlos Lux
Kelsey Macaroco

Jerson Macedo
Gabriel Machado
Margaret MacRamos
Evan Madeira
Nevaeh Magalhaes
Nevaeh-Sky Mahon

Eric Maocha-Medeiros
Aniya Maraj
Keira Marlowe
Jack Marshall
Chanteal Martin
Alexandra Martinez

Alexis Martinez
Gyanni Martinez
Lizmarie Martinez Ortiz
Christian Martinez Ramirez
Joao Martins DaCruz
Dakota Mathieu



Juana Matias Blanco
Kayleah Matos
Aleah Matthews
Devon McCarthy
Tilly McKay
Sonia McKeehan

Brandan McKenna
Vanessa McMullen
Thaw Means
Yosalin Mechen
Izaiah Medeiros
Jiselah Medeiros

Thalia Medeiros
Jesus Medina Fortis
Daivien Medina Sanabria
Ezequiel Medina Ventura
Nahun Mejia Orellana
Abel Mejias

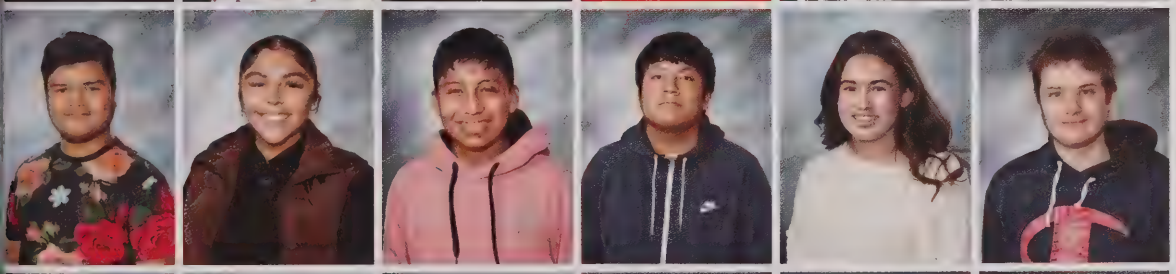
Petronila Mejia Saquic
Lesbia Mejia Tzoc
Jefferson Melendez Martinez
Alexia Mello
Lauren Melo
Destiny Mendes

Cynthia Mendez Martinez
Yadiel Mendez Velez
Luis Meza Flores
Marelin Milla Ocampo
Rolando Miranda
Tyson Mixon

Pedro Moes Joaquim Baptista
Tommy Mok
Loany Molina Mejia
Gabriela Moncada Fernandez
Katelyn Montanez
Fabricia Monteiro

Jaiden Monteiro
Kaileb Monteiro
Nile Monteiro
Admilson Monteiro Da Silva
Danilo Monteiro Lopes
Alexander Monteiro Macedo

Jonathan Montille
Leidino Montrond
Winnitu Montrond
Andre Montrond Darosa
Janielys Mora
Jose Morales Mendez



Luis Morales Quevedo
Kimberly Moreno-Mejia
Luis Morente de Leon
Robinson Morente Tevalan
Madalena Morris
Nicholas Muras

Josue Murillo Pacheco
Yuleysis Negron Carrasquillo
Abigail Nelson-Binienda
Shane Neves-Medeiros
Autumn Nickerson
Walter Norcross

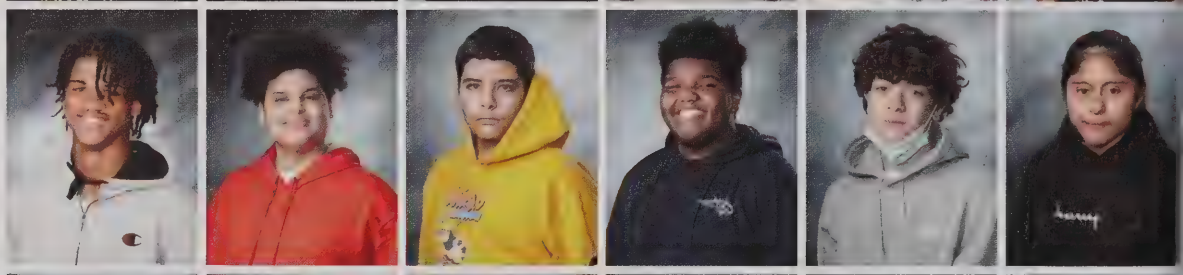
Zulianis Ocasio Rodriguez
Jaylah Ojeda-Paul
Michael O'Leary
Elijah Oliver
Taetum Oliver-Agee
Mario Olmos Aj

Marina Orellana Flores
Yarushka Ortiz Ferrer
Erick Ortiz Robles
Yobany Ortiz Saquic
Robin Overstreet
Jamie Pacheco

Samantha Pacheco
Neftali Pacheco Cac
Javon Pacheco Pina
Edgar Pacheco Tojin
Daniel Pagan Fernandez
Tomas Panjoj Suy

Keyloa Paris
Leila Paris
Clayton Pastor Norales
Avrey Patterson
Elijah Pearson
Dylan Pemberton

Jartavis Penro
Angelo Peralta
David Pereira
Raul Pereira
Anthony Perez
Lidia Perez



Heidy Perez Matzatz
Zoila Perez Pacheco
Jaliyah Perry
Michael Peters
Giovonni Phillips
Rashaun Phinizy

Djoudmie Pierre
Anjalique Pina
Naviyah Pina-Cardoso
Lorenzo Pirrotta
Halayna Pittsley
Annais Polanco

Eva Politano
Gabriela Posligua Cedeno
Ethan Pothier
Emma Przybysz
Amber Purcell
Victoria Quiles

Ashly Quino Sicaj
Justin Quintanilla Dominguez
Alexandra Racicot
Janahaira Ramos
Nyema Ramos
Irma Ramos Guico

Kelvin Ramos Motta
Gaetan Raymond
Isaiah Raymond
Nicholas Rebello
Avery Rego
Matthew Rego

Ander Reyes
Yariali Reyes
Ivelys Reyes-Gonzalez
Melissa Ribeiro
Miroel Ribeiro DosSantos
Emily Rivas

Jonathan Rivas
Katherine Rivas
Julio Rivas Guardado
Kizumi Rivas Rivera
Stephanie Rivas Rodriguez
Janiel Rivera

Students helping students

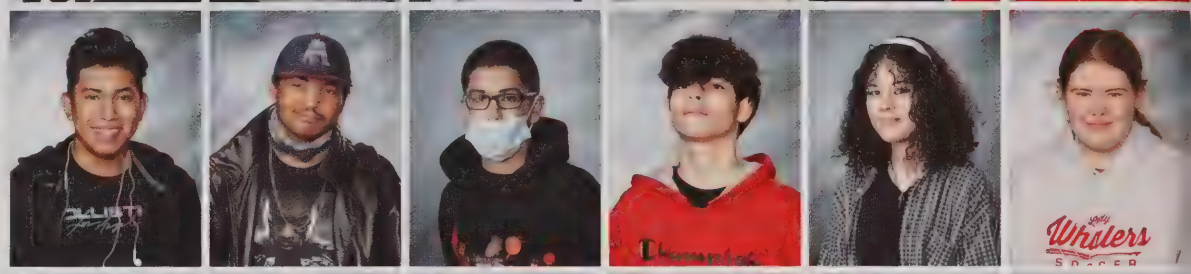
"For students who need the tutoring the goal is to finish any late assignments (or) understand a topic better. Other than enhancing their knowledge of the respective subjects, tutoring definitely helps students from varying grade levels connect with another and serves to promote teamwork among the student body."
Phillip Tran, senior

"I really like helping other people with understanding, it makes me feel helpful! I think that having the opportunity to learn from your peers is very useful and more engaging than learning from teachers sometimes."
Kathleen Sprissler, senior

"Ms. Liming runs after school tutoring. For those that need tutoring, it is an opportunity to catch up and close any gaps in understanding and it's an opportunity for those tutoring to learn how to help others and assist them. It's an experience in teaching, in a way. I'm not sure how helpful it is but, I personally try to do my best."
Sam Jupin, senior

Rafael Rivera
Yessury Rivera
Zairilys Rivera Rivera
Edgar Rivera Rodriguez
Leslianny Rivera Rohena
Edgar Rivera Serrano

Eliseo Selvin Riz Canil
Rhondo Robinson
Tyler Robinson-Santos
Kyrell Robles
Jaelyn Rodericks
Kylie Rodericks



Brooklyn Rodrigues
Angilee Rodriguez
Estiffany Rodriguez
Georgina Rodriguez
Jahnia Rodriguez
Javiany Rodriguez

Jorge Rodriguez
Sebastian Rodriguez
Alex Rodriguez Colon
Neysha Rodriguez Garcia
Scarleth Rodriguez-Mejia
Carlos Rodriguez Miranda

Yanci Rodriguez Rojas
Jose Rodriguez Xorxe
Tyler Rodriquez
Lydia Roldan
Justin Kamelia Roman
Kiana Roman

Cristal Roman Crespo
Anyih Romero
Isai Romero Cepellan
Nicholas Rosa
Jetzibehl Rosario
Yariel Rosa Torres

Cory Royster
Izaiah Ruiz
Elmer Ruiz Ajqui
Tatiana Ruiz-Blas
Alexander Rustand Miguel
Ashlynne Rysz

Francisco Sajbin Quixtan
Devon Salas
Vivian Salazar Lopez
Amir Salih Tavares
Lilliana Sanchez
Jhonathan San Pablo

Tania Santana
Johann Santiago
Jordan Santiago
Illiam Santiago Concepcion
Angelybeth Santiago Gonzalez
Yalecia Santiago Mojica

Aries Santos
Chasidi Santos
Fernando Santos-Castro
Dylan Sarkes
Aden Saunders
Jayden Saunders

David Savaria
Berta Semedo
Yara Semedo Furtado
Alexander Sharples
Brent Sharples
Davon Shields

Alazni Shoy
Giovanny Silva
Helton Silva
Isabella Silva
Jayden Silva
Amarion Silva-Gomes

Evelyn Silva Perez
Lidia Silva Robalo
Briana Silva Tavares
Carina Silveira
Elvis Simaj Morales
William Simmons

Olivia Simonton
Jamarion Slash-West
Kali Soares
Leilanee Soto
Ja'sighia Souto
Yanick Spencer

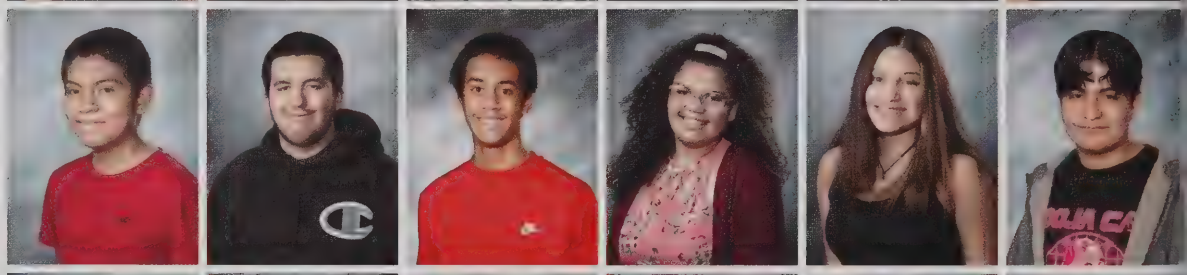
Lanyia Spinner
Lyla Stephens
Jacob St. Gelais
Kyla Stone
Olivia Stuart
Issac Sullivan

Cameryn Swift
Jayden Sylvia
Elijah Sylvia-Tavares
Bao Ta
Elliott Talley
Luke Tarpey

Giovane Tavares
Giovanni Tavares
Krystian Tavares
Adison Teixeira
Daisa Teixeira
Stella Teixeira

Alisson Tejada
Breno Teodoro De Castro
Forrester Thompson
Sandra Tino
Sheiry Tino-Escobar
Emilio Tirado

Jack Titla-Mora
Carmine Torres
Jayden Torres
Wilvelisse Torres
Yalexix Torres
Jeremy Torres Mejia



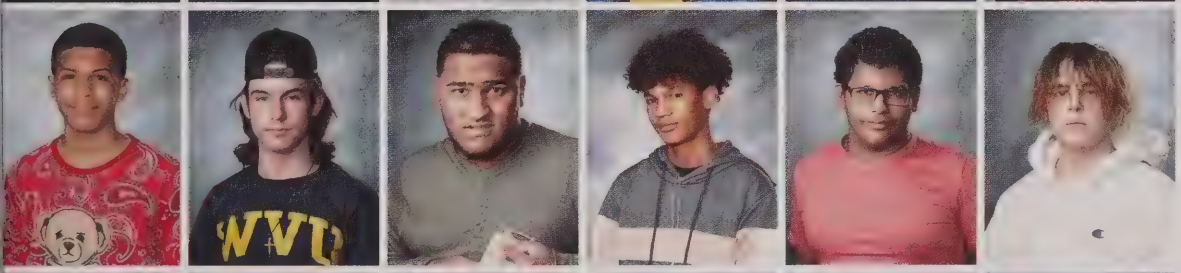
Logan Tran
Nini Tran
Erika Trinidad Gonzalez
Allison Trinidad Rojas
Rosa Tum Chach
Nicolasa Tum Perech

Alexa Turcios Zapata
Victor Tzoc-Oldotiez
Josue Tzoy
Kimberly Tzoy-Morente
Enrique Tzoy Sut
Blanca Tzoy Tecum

Jocelyn Urbina-Flores
Jonathan Urbina-Ramirez
Jhoan Valdez
Yarieliz Valentin De Jesus
Aracely Valladares
Desmond Vann

Aiyana Vaquer-Bonilla
Monica Vasquez
Johani Vasquez Azor
Justice Vaz
Elijah Vazquez
Jose Vazquez Figueroa

Yamelys Vega Velazquez
Hermenegildo Veiga
Leslian Velez
Pedro Ventura Olmos
Keyana Verdier
Luis Vergara



Jyan Vicente
Augusto Vieira
Brandon Vieira
Antony Villar Montero
Abraham Villegas Saez
Noah Viveiros

Ryan Viveiros
Sadie Viveiros
Kylie Viveiros-Barnicle
Janeil Wallace
Hannah Walsh
Madison Webb

Jay-el Westgate
Tello Wilfer Gutierrez
Dwayne Williams
Isiah Williams
Kenterrio Williams
Gloria Wilson

James Wood
Ingrid Yac Lucas
Alijah Young
Leonardo Zarate
Samuel Zhang
Juan Zuniga Ventura

District Administration

Thomas Anderson, Superintendent

Heather Emsley, Executive Driector of Human Capital Services

Jennifer Ferland, Executive Director of Strategic Initiatives and Partnerships

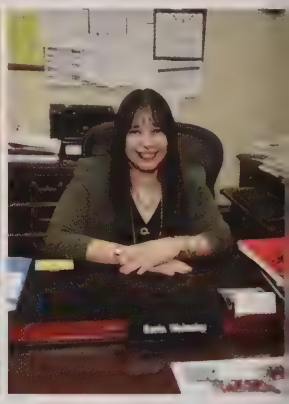
Sandra Ford, Executive Director of Special Education & Student Services

SCHOOL COMMITTEE

Front row: Ross Grace, Jonathan F. Mitchell, Melissa Costa. **Back row:** Colleen Dawicki, Joaquim "Jack" Livramento, Christopher A. Cotter, Bruce Oliveira

Andrew O'Leary, Assistant Superintendent of Finance & Operations

Karen Treadup, Deputy Superintendent



Sonia Walmsley, Executive Director of Educational Access and Pathways

Faculty and Staff

Christine Adams, Special Education
Kaeterle Addison, Physical Education
Ricardo Aguiar, World Languages
Ronald Aguiar, Special Education
Chace Allain, Social Studies
Joan Allison, Physical Education
Lance Altman, Behaviorist

Robin J Altman Sherman, Special Education
Emily Alves, Learning Lab
Valerie Alves, Finance, Hospitality
Daniel Andrade, Technology Integration Manager
Stephanie Aucoin, ELA
Kimberly Azevedo, Paraprofessional
Lyndsey Balrain, Math

Erica Bardan, Guidance
Sergeant Jerry Bedard, JROTC
Chelsey Benoit, Social Studies
Col. Stephen Bethoney, JROTC
Sydney Blackson, ELA
Ryan Bland, School Resource Officer
Luis Bonilla, Math

School Administration

Stephen Bethoney
Director of JROTC

James Calnan
Social Studies Content Instructional Leader

Elizabeth Camara
Special Education Content Instructional Leader

Christopher Cummings
Manager of Career, Vocational and Technical Education

Donna Guay
Manager of Educator Quality

Bernadette Coelho
Principal

Chu Kwen Ho
Science Content Instructional Leader

Brittany Hullinger
Manager Of Operations

Sean McNulty
Math Content Instructional Leader

Jenn Oliveira
ELA Content Instructional Leader

Martha Romero
ESL Content Instructional Leader

Joyce Cardoza
Associate Principal

Valdir Silva
Registration and Pathways Success Administrator

Lynn Souza
Director of Fine Arts

Thomas Tarpey
Director of Physical Education, Health & Athletics

Heather Bonner, Science
Dylan Botelho, ESL
Alanna Boucher, Art
Suzanne Braga, Main Office

Kriss Brinza, Math
Ashley Brites, Special Education
Ashley Brown, Substitute
Stephanie Burnes, Special Education

Prosper Calixte, Math
Brian Camara, Math
Josh Carling, Technology Integration Manager
Meghan Carr, Special Education

Mark DeBrito
Assistant Principal Class of 2023

Jose Edwards
Assistant Principal Class of 2022

Jeff Longo
Assistant Principal Class of 2025

Kathryn Rezendes
Assistant Principal Class of 2024

Jack Carrera, ESL
Eni Castro, World Languages
Matt Cavanaugh, Math
Courtney Champagne, Guidance
Taylor Charles, ELA
Isabela Cirello, World Languages

Hannah Clougherty, Social Studies
Willie Coates, School Resource Officer
Andrew Cohen, Science
Anna Colby, ELA
Elizabeth Conde, Paraprofessional
James Conley, ELA

Stephanie Cormier, Guidance
Mikaeyla Costa, Substitute
Tiffany Costa, Social Studies
Sandra Couto, ELA
Alicia Craig, Special Education
Nancy Curry, Child Development

Tim Curry, Physical Education
Carolyn Curtis, Math
Susan D'Amore, Special Education
Lynne Dandeneau, Performing Arts
Noemi Del Cid, World Languages
Craig DeMelo, ELA

George Desrosiers, Math
Deborah Dias-Faria, World Languages
Lynn Dinatale, Special Education
Caitlin Donnelly, ELA
Stephanie Donnelly, Performing Arts
Jaala Duarte, Nurse

We're all in this together

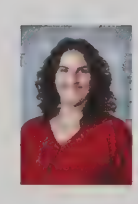
Staff members share their stories of people coming together and pitching in as a team

"My students worked after school at their homes to create a balloon arch for the door decorating contest, and I really feel their efforts are the reason we tied for 1st place!"
Kristen Liming, ELA teacher

"All of the support I have received as a first year teacher this year has been amazing."
Lynne White, special education teacher

"Honors Art went to the MFA in Boston. It took all of us doing our part to be able to go through this museum, get inspired and be able to see such amazing historical pieces. We made it there and back again and are better for it!"
Rosannette Rivera, art teacher

"I love seeing my kids in person every day again. It was especially fun seeing how the sophomores I had before the pandemic grew over the year and a half we were apart. I am so proud of my now seniors!"
Caitlin Donnelly, ELA teacher



"AP Seminar really had to push themselves to complete the challenging task of their PT1 projects and they did it with flying colors! As a reward, we had a huge holiday party on the Tuesday before break."
Sara Nottingham, ELA teacher

"With the crazy year we've had, I have to hand it to my teachers, paras, and facilitators for being here as much as they can be to ensure our students are doing well each day."
Mario Pimental, special education teacher

"The class of 2025 has had fun, productive meetings where students have come up with inventive ways to contribute to a positive school culture."
Chace Allain, social studies teacher

Nathan Duclos-Rickard, Science
Charles Eastman, Math
Liane Edwards, ELA
Ashley Estacio, Guidance
Steve Estevez, Attendance Officer
Sara Fazziola, Special Education

Diana Ferreira, Paraprofessional
Jillian Ferreira, Guidance
Sharon Ferreira, Paraprofessional
Maria Alice Freitas, Guidance
Vagela Fresia, World Languages
Ava Gagnon, Science

Andrea Garcelon-Ramos, Main Office
Christopher Garcia, Guidance
Paige Gaumond, ELA
Jeffrey Giammalvo, Health
Jacqueline Gomes, ESL
Marlene Gomes, ESL

Cristina Goncalves, World Languages
Regina Goncalves, ELA
Erin Goulart, Special Education
Ken Gouveia, Finance
Kathryn Grande, Gold Office
Michael Gryss, Social Studies

Colleen Hall, Business
Ryan Harding, ESL
Owen Hartnett, Special Education
Jeff Hebert, Custodian
Nora Hebshie, Guidance
Courtney Hill, World Languages

Aaron Hilton, ELA
Isaiah Houtman, Information Technology
Aaron Howard, Social Studies
Liz Hurley, ELA
Brittany Jenney, ESL
Joseph Jette, ESL

THE CALL OF DUTY

What's your duty this year, and how is it going?

Karli Swanson: Bus arrival. "It is a nice duty. I get to see lots of cheerful and/or tired faces in the morning and I get to talk to my fellow teachers. The weather can be crazy, but it's worth it."
Jenna Pare: Locker room duty. "It sometimes gets wild in the locker room."
Lisa Walton: Bathroom duty. "One thing I can say is that I've never seen so many students fit into one bathroom stall at a time. I think the record is five."
Tiffany Costa: 2nd lunch duty in front of the gold/green stairwell. "If you've seen me there, you know you weren't getting up those stairs!"
Sydney Blackson: Bathroom duty. "Fine, but unorganized. It does offer an opportunity to interact with more students and see other parts of the building/get to know faculty from other wings."
Ken Gouveia: Lunch duty in the Green House. "[It] is made much more manageable due to Mr. De Brito's constant presence."
Kathleen Rodrigues: Cafeteria duty period 7. "My role is deterrent – Keeping kids from hanging out there and making them go somewhere else, hopefully to class."
Sydney Palmer: Tan bathroom duty. "I get to meet students I wouldn't normally and see many of the same kids so we have formed relationships I may not have otherwise."
Alanna Boucher: Bathroom/hallway. "I am often finding students with out passes in the halls and sometimes seeing the same students over and over. It's tough because I don't want to be strict but sometimes have to be in order to get students on the right track."
Chelsey Benoit: Outdoor lunch duty. "Refreshing on warm sunny days and very cold in the winter."
Kady Plante-Szady: Cafeteria duty. "Ever see WWII movies? A little like that."
Seamus Pendergast: Bathrooms during first lunch. It's constant redirection, but also a good opportunity to meet different students."
Anders Viera Dones: Cafeteria duty. "I've been able to see many, many new faces in the Blue cafeteria."

Jeremy Kennefick, Science
Paul Kniaz, ESL
Linda Koelbel, Special Education
Robert Kolbeck, Science
Jolie Kouta, Guidance
Michael LaBelle, Special Education

Lynne LaBerge-Nelson, Art
Elijah Langille, Performing Arts
Katherine Leech, Special Education
Amanda Leite, Health Sciences
Eileen Lema, Paraprofessional
Nancy Leonard, Custodian

Colby Lima, ELA
Judith Lima, Finance
Kristen Liming, ELA
Kim Lizotte, ELA
Khyleigh Lobo, Substitute
Kevin Long, Information Technology

Sonia Lopes, World Languages
Jillian Lucchetti, Guidance
Darien Lynch, World Language
Katie-Lee MacNeil, Social Studies
Christine Marcotte, Math
David Martins, Guidance

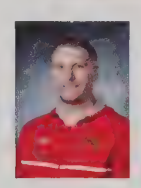
Timothy Mason, Performing Arts
Yoxanderi Mateo, Art
Stephen Mattos, Substitute
Joanne McAfee, Special Education
Phil McDavitt, Physical Education
Justin Medeiros, Math

Taylor Mello, Nurse
Raymond Mendes, Paraprofessional
Sydnee Midura, ELA
Joseph Miksch, Science
Brooke Miller, Paraprofessional
Maries Mills

Loyda Mojica, Paraprofessional
Nicole Moneghan, Math
Zorie Montanez, Main Office
John Montigny, Social Studies
John Mosher, Math
Doug Motta, Information Technology

We're all in this together

Staff members share their stories of people coming together and pitching in as a team



"The wrestling team had our first tournament of the year canceled, as well as a practice due to Covid. We came back and worked hard and won our first match against Marshfield 66-15."
Steven Sentes, math teacher

"I was subbing in Ms. Alves class the half day before Thanksgiving break, and it was amazing to see students in her homeroom work together to decorate the classroom door."
Khyleigh Lobo, substitute

"How excited some students were to be back into the buildir for classes!"
Ronald Aguiar, S.S histor

Kassandra Noriega-DaCosta, Math
Stephanie Norton, Guidance
Sara Nottingham, ELA
Luz Marie Nunes, Main Office
Colleen O'Leary, Nurse
Thomas O'Leary, Performing Arts

Dominga Ocasio, Paraprofessional
Kaleigh Oliveira, Special Education
Catya Pacheco, Math
Matthew Pacheco, Performing Arts
Sydney Palmer, ELA
Jenna Pare, Physical Education

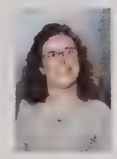
Gavin Parent, ELA
Seamus Pendergast, Math
Ashley Pereira, Guidance
Kristen Pettus, Guidance
Colin Pilkington, Social Studies
Veronica Pilkuhn, Graduation Facilitator

Mario Pimental, Special Education
Fred Pimentel, Finance
Jordan Pina, Talent Search
Kady Plante-Szady, Health
Matthew Poyant, Art
Monique Poyant, Guidance

The more things change

hey graduated from NBHS. Now they teach here. What is different now?

"Class of 2004! Back then we had a lot more students. We only had 4 classes a day. We got out at 2:07 and there was an overall major school spirit vibe. We used the library a lot more since we didn't have phones with social media, so books were the only way to get away in class."
Rosannette Rivera
art teacher



"I had the experience of coming to school to take some courses before I graduated. I took Chemistry, English, Biology etc. It is the same because now I have a student taking some of the same classes and I am able to help her when necessary. It was a great experience!"
Brooke Miller
paraprofessional

"The best thing that I remember as a NBHS graduate was the school spirit that existed. It was exciting to see all of the students participate. Now as a teacher, I feel the same excitement during Spirit Week, Pep Rally, and the football game. It brings me back to when I was a student."
Lynne LaBerge-Nelson
art teacher

"Many of the core classes students have to take are the same. Athletics are still going strong besides a few missing sports teams. What is different though is some of the improvements occurring throughout the school. New finance and biology labs, cafeteria spaces, painted walls in the gyms and hallways leading up to the gyms, art work throughout the core walls, and much more!"
Justin Medeiros
math teacher

"I did and probably the biggest change was having classes that were 82 minutes long and you needed to wear you ID around your neck AT ALL TIMES."
Derek Resendes
ELA teacher

"It was different then. There was more school pride. Events were always full. There was a real sense of understanding that we were living our high school years, if that makes sense. It was not just something we had to do. We enjoyed the process."
Craig DeMelo
ELA teacher

"The school seems very different from when I was here. In general the demographics have changed but also the building has some differences. The cafeterias are a huge change and the new labs make the core much brighter. The schedule is much different now as is the school hours."
Seamus Pendergast
math teacher

"Class of '91! Not much is different - same colored houses, we still have an administrator named Mr. Longo. A couple of different things are that very few students use lockers and students are grouped by year in their houses. Everyone I graduated with were in different houses yet we all graduated in the same year."
Lynne White
special education teacher

Nicole Pyne, Attendance Officer
Susan Ramey, ESL
Stacey Raposo, Nurse
Christine Read, Paraprofessional
Victoria Rebello, Special Education
Melissa Renauld, Physical Education
Brian Resendes, Math

Derek Resendes, ELA
Alec Ribeiro, Custodian
Brienne Riccio, ELA
Lisa Richard, Science
Rosannette Rivera, Art
Kathleen Rodrigues, ELA
Nelson Rodrigues, Math

Milagros Rodriguez, World Languages
Mark Rossi, Math
Daniel Roveda, Social Studies
Donna Ryan, Custodian
Marlene Sabeh, Gear Up Coordinator
Nick Salmon, Social Studies
Andrew Santos, Physical Education

Jonathan Santos, Behaviorist
Peter Schuyler, Engineering
Steve Sentes, Math
Dan Shaughnessy, Attendance Officer
Maria Silva, Food Service
Makenzie Smith, Substitute
Nadia Smith, Paraprofessional

What people get wrong about teaching

I learn more from my students about life then anyone else I have known.
Steve Sentes, math teacher

I don't think people outside of education realize how much wor happens outside of the classroom to ensure your lesson is ready fo your students. There are days when I am cutting out game pieces or putting together folders until 11:30PM so they are ready to go for my students in the morning. Even in the summer, I am looking for ways to make my lessons more engagin and fun for students.
Darien Lynch, world languages teacher

Teaching is all about people and all about psychology. If you know people and how they work and think, you can better relate and be an effective communicator.
Nick LeBlanc, science teacher

was expecting to inspire students and maybe I do but I find myself being inspired instead. The students at New Bedford are extremely resilient.
Ronald Aguiar, world languages teacher

People are typically surprised when I tell them being a teacher is more than just teaching, it's being a therapist, a role model, a parent-figure, a fan, a coach, and so much more.
Tiffany Costa, social studies teacher

How similar many kids are no matter where they come from and what their background is.
Jon Way, science teacher

Christina Sobran, ESL
Kimberly Soto, Attendance Officer
Kimberly Souza, Art
Jodi Spencer, Nurse
Raul Spinola, Nursing Assistant
Chad Sprague, Special Education
Victoria Stowell, Special Education

Trina Strawn, Blue Office
Karli Swanson, Performing Arts
Jamie Sylvia, Social Studies
Karen Sylvia, Math
Meghan Sylvia, Special Education
Richard Teasdale, Social Studies
Derek Thomas, Math

Michele Toledo, ESL
Suzy Trahan, Guidance
Kelsey Turner, ELA
Seannine Tveit, Science
Joseph Twomey, Social Studies
Elizabeth Vargas, ELA
Ashley Velho, Special Education

Bianca Vieira, ELA
Anders Viera Dones, ESL
Nicholas Walsh, Social Studies
Lisa Walton, ELA
Jon Way, Science
Matthew West, Special Education
Ashley Whitaker, Math

Lynne White, Special Education
Kibi Williams-Brown, ELA
Sallie Wood, Special Education
Kent Woodard, Science
Leah Zell, Child Development
Bretton Zinger, ELA

It can be a positive and rewarding experience if surrounded by supportive people with good senses of humor. I wish people understood that school is WAY different from when they were in school.
Leah Zell, child development teacher

I'm pleasantly surprised at how kind all of my students have become. It's a change I've noticed over the last decade. The majority of students are kind, not the few.
Tim Mason, performing arts teacher

Many people are afraid when they know I teach in a high school because they think students are bad. They don't know how great students are, even those acting out, because they are seeking for attention. They are just big kids!
Noemi Del Cid, world languages teacher

FACULTY AND STAFF by the numbers

68 percent said that their senior year was their favorite year of high school

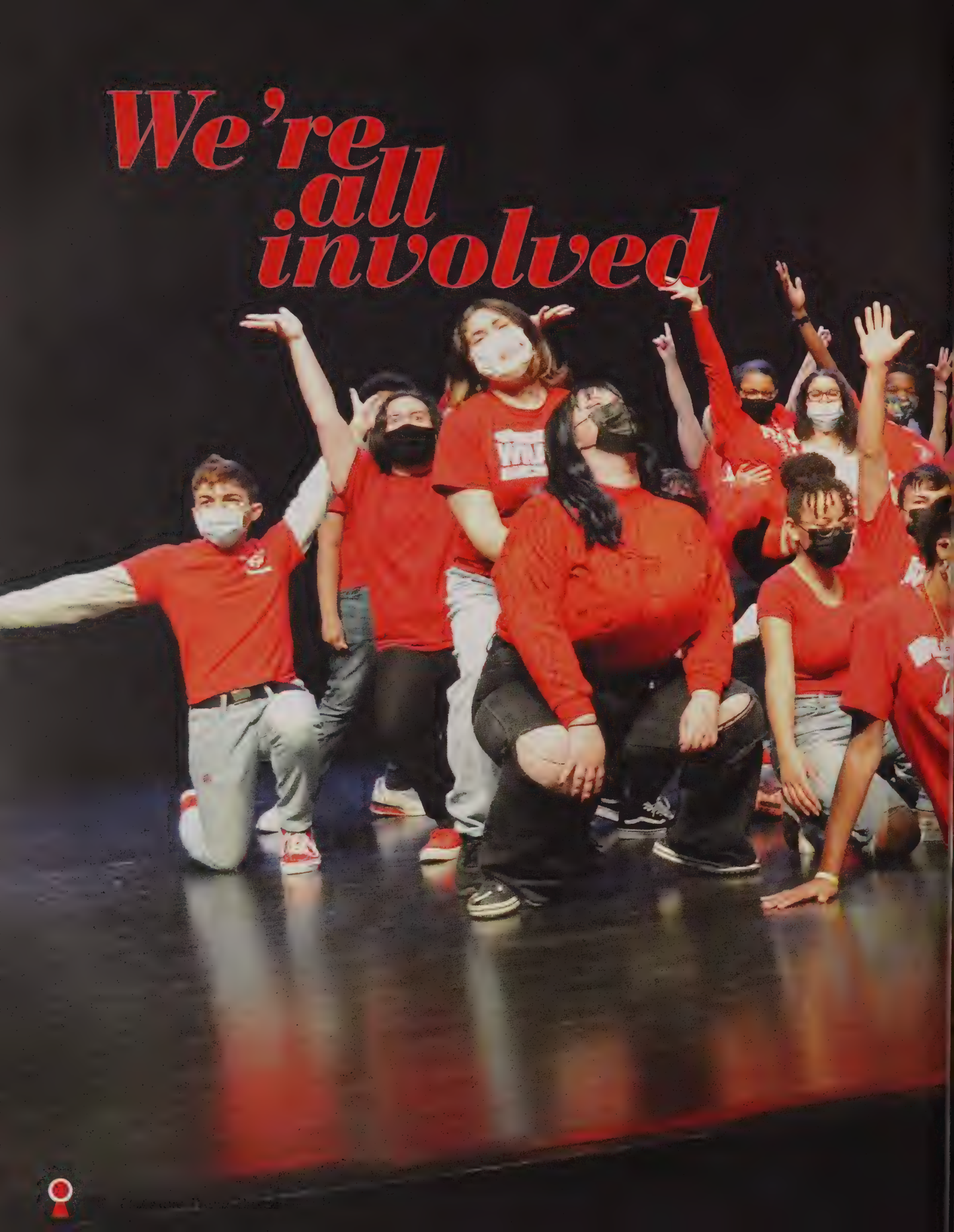
74 percent have a graduate degree or higher

30 percent have not worked in a school other than NBHS

The Office is the TV show most often cited as a favorite

The New England Patriots were the team most often cited as a favorite.

We're all involved



We're all involved.

We all want to be a part of something important, to leave something special behind once we graduate.

Some students choose to join clubs, while some choose to be a part of performing arts ensembles. Some attend sports games or go all out for spirit weeks.

There is no wrong way to get involved, but being involved undoubtedly makes the high school experience more enjoyable.

We all must be open to meeting others and bonding with people we otherwise wouldn't. We get so much done in the years we spend in high school without even realizing.

Each time we step outside to go participate in a new activity, it creates a memory that could become unforgettable.

Fall Sports

1 Ryan Dosenberg
2 Jayden Frazier
3 Amari Harris
4 Jahzed Valls
5 Colin Rego
6 Edenilson Semedo
7 Demitri Fontanelle
8 Collin Gibbs
9 Kevin Ayala
10 Ranen Goodine
11 Justice Matthews
12 A'Jay Rivera
13 Alex Texeira
15 Brandon St. Luis
19 Colin Rodrigues
20 Jerry Vongsouna
22 Tayel Guzman
21 Calvin Cruz
23 Anthony Diakite
24 Dezmond Brunskill
26 Brandon Saint-Louis
27 Tarmarie De la Torre Perez
28 Anderson Cruz
30 Jerren Goodine
31 Ishmael Oku
33 Christian Lopez
34 Zakari Nunes
35 Yaciel Abrante
40 Ondrae Thompson
41 Anthony Cosmo
42 Isaiah Silva
43 Aden Oliveira
45 Devin Viera
50 Aaron Pimental
51 Bayron Maldonado
52 Devin Viera
53 Luis Lopez
54 Anderson Madrano
55 Mitchel Thompson
56 Jorge DaCruz
57 Jose Bonilla
58 Angel Cruz
62 Elijah Rosa
65 Wilbens Cine
67 Ben Calbo
70 Cody Souza
72 Jahvon Hanson
73 Zachary Bois
74 Elijah Torres
75 Jahir Arrieta
77 Amir Antunes
78 Mason Barrows
79 David Insley
80 Donald McMillan
81 Aydan Arruda
87 Jack Langley

Football

Head Coach
Mark DeBrito
Assistant Head Coach
Marc Hayes
Coaches
Harry Lowe
Jamie Sylvia
Rudy Bulger
Danny Tweedie
Wayne Hamlet
Lydell London
John Seed
Chris Grande
Steve Sentes
Jack Smith
Freshman Coaches
Andrew Cohen
Steve Estevez
Kevin Klatt
Fred Pimentel
Stephan Talabach

Cross Country

Front Row: Mykkal Rodrigues, Joseph Castelo, Luis Garcia, Michael Bilodeau, Jayan Alejandro, Matthew Lavoie, Giovanny Velez.
Second Row: Coach Anthony Zhang, Kiana Roman, Melissa Riberio, Hayleigh Chenard, Madalena Morris, Yaritza Alverez, Abby Zhang, Halle Cummings, Coach Jeremy Tilton.

Field Hockey

Front Row: Savannah Laubenstein, Lauren Mitchell, Abby Perry, Asmaa Elmoussaoui, Sydnee Ramos, Kennedy Franklin, Nora Blanchard, Alayna Andrade, Abbie Niland
Second Row: Emily DeCosta, Yaritza Belen, Aubrey Santos, Jacqui Bank, Nyella Costa, Kyrie Areias, Kiva Bank, Isabel Morck, Jacenia Cortes
Third Row: Coach Kathryn Rezendes, Mackenzie Baggs, Cynthia Torres, Piper Reis, Hannah Blanchard, Viena-Daniela Fortes Andrade, Tatum Reis, Tess Tarpey, Maria Medeiros, Sophia Perry, Coach Joan Allison, Gabby Tsaliagos, Coach Alanna Boucher

Fall Cheerleading

Front Row: Emma Gendreau, Macy Correia , Daija Nunes
Second Row: Sara Sandnes, Jeraly Estrada, Aria Ferreira, Ariana Whiting, Acelyn FitzGerald, Lauren Baylies, Marisol Mendoza, Gisele Semedo Correia
Third row: Jayce Morales Lopez

Golf

Front Row: Will Guillotte, Diego Serra, Jordan Graham, Matt Tarpey, Chris Ferreira
Second Row: Coach Zach Guillette, Luke Ferreira, Aidan Connell, Craig Baptista, Luke Tarpey, Coach Jason Bennet

Girls Volleyball

Front Row: Brittany Sanabria, Hannah Pereira, Kayla Soares, Deisy Rivas, Yanaliz Velez
Second Row: Mari MacMaster, Annabelle Huston, NellyAnne Medina Santiago, Soledad Gray, Darielys Baez, Ava MacMaster, Maria Oliveira, Aliana Areias, Beatriz Ameida

Boys Soccer

Front Row: Michael Tavares, Giovanni Barros, Andre Santos, Angel Orozco, Ethan Ramos, Ian DaCosta, Jonathan Rosa, Melvin Cisneros, Brice Pires
Second Row: Carter Barbosa, Ronis Ayala, Ronaldo Ramos, Delvany DeCarvalho, Alan Rodriguez, Alexis Martinez, Gabriel Peixoto, Troy Rocha
Third Row: Coach John Mocorraco, Benjamin Avendano, Yanick Spencer, Connor Silva, Riquelme Flores

Girls Soccer

Front Row: Saige Morro, Destiny Misay, Tari Pereira, Calista Pacheco, Emma Almeida, Sandy Deandrade, Sofia Beltran
Second Row: Jenna Nogueira, Vanessa Bucha, Lexie-Marie FitzGerald, Caitlyn Coroleiro, Caitlin Amedia, Alexia Rodriguez, Ollie Costa
Third Row: Alexandra Martinez, Ariana Melo, Jocieana Goncalves, Haven Lopes, Kimberly Sanabria, Claudia Tino-Tzoc

Boys Basketball

Front Row: Clinton Dunston, Samuel Mosher, Ranen Goodine, Matthew Tarpey, Ryan Dosenberg
Second Row: Assistant Coach Donald Lessa, Craig Baptista, Colin Rodrigues, Ryan Ptaszenski, Jensen Farnworth, Javion Lloyd, Assistant Coach John Mosher
Third Row: Head Coach Matthew Hill, Assistant Coach Ronnie DeBarros, Anthony Diakite, Dezmond Brunskill, Tyler Mills, Assistant Coach Tony Gaffney

Girls Basketball

Front Row: Alexis Rebello, Lexi Thompson, Sydnee Ramos, Kennedy Franklin, Ava Kaplan, Hayleigh Chenard
Second Row: Coach Jordan Pina, Tatum Reis, Vanessa Bucha, Zaria Anderson, Hannah Pereira, Coach Zach Gillette

Winter Track

Front Row: Victoria Martins Arribada, Yvonne Le, Becky Zheng, Na'Kaylah Johnson, Deisy Lee Rivas, Dara Monteiro Dos Santos Barros, Juliana Fernandes, Demetri Fontenelle, Calvin Cruz-Duarte, Jahzed Valls Sierra, Kevin Ayala Manso, Colin Rego.
Second Row: Jaiden Gomes-Watson, Elliott Talley, Kylie Areias, Keyanna Jones, Sophia Perry, Abigail Perry, Lilian Brine, Ollie Costa, Shaylene Andrade, Hai Le, Carter Barbosa, Connor Silva, Gabriel Peixoto, Christian Reyes, Coach Matthew West
Third Row: Coach Anthony Zhang, Tommy Mok, Joseph Castelo, Matthew Lavoie, Ketsia Nyonga, Lily Gonet, Shandaliz Smith, Melissa Ribeiro, Victoria Abolarinwa, Nialonis Revera, Nicholas Arsenault, Nathan Bickett, Edenilson Semedo, Fernando Polanco, Coach Krystal Souza

Winter Sports

Winter Cheerleading

Front Row: Destiny Misay, Calista Pacheco, Emma Gendreau, Macy Correia, Sara Sandnes
Second Row: Estiffany Rodriguez, Jeraly Estrada, Jayliana Collazo, Georgina Rodriguez, Lauren Baylies

Boys Swim and Dive

Front Row: Jake Gioiosa, Anderson Medrano, Jonathan Lawrence
Second Row: Cairon Nunez, Ian Souza, Jude Walker, Michael O'Leary
Third Row: Dylan Pemberton, Oliver Guilfoyle, Joao DeSouza, Owen Jupin, Alexandre Conde

Girls Swim and Dive

Front Row: Victoria Perry, Dinara Damirova, Nora Blanchard, Lillian Gray, Felicity Penacho
Second Row: Sara Curry, Tess Tarpey, Mari MacMaster, Mackenzie Baggs, Abbie Niland, Maeva Depradines, Cynthia Torres
Third Row: Madison Rodrigues, Jalysa Noriega, Maria Oliveira, Lea LaPlante, Annabelle Huston, Amelia Davis
Fourth Row: Caroline Huston, Emily DaCosta, Hannah Blanchard, Madalena Morris, Piper Reis Jacqui Bank, Yaritza Belen, Trinity Coleman

Wrestling

Front Row: Isaiah Silva, Jose Bonilla, Alex Teixeira, Daniel Pexioto, Anderson Cruz, Luis Lopez
Second Row: Coach Lydell London, Mitchel Thompson, Micheal Elliott, Nile Monteiro, Tayel Guzman, Angel Carmenatty, Timmothy Erickson, Forrester Thompson, Willy Ayala, Ava Macmaster, Luis Garcia, Michael Polanco, Nate Caron, Miguel Vega, Eric Boucher, A.J. King, Aaron Pimental, David Watts, Coach Steven Sentes

Marching Band Percussion

First row: Yvonne Le, Miriam Furtado, Jaiden Gomes-Watson, Matthew Lima, Ashh Antunes
Second row: Matthew Lavoie, Shea Lowney, Aidyn Ramos, Israel Osayi-Osawuwa

Marching Band Brass

First row: Anthony Casimiro, J'ahndra Gomes, Makenna Calvao, Jaliyah Perry, Marisol Mendoza
Second row: Jade Torres, Karen Pires, Sam Eckert, Luke Duarte, Danny Lopez

Marching Band Woodwinds

First row: Kyanna Morse, Sarah Silveira, Jetzibehl Rosario
Second row: Cassandra Ellis, Lillie-Marie LeClair, Kathleen Sprissler, Juliana Lopes, Nyla Depina, Jasmine Lucas Ixcuna
Third row: Luis Morales Quevedo, Monica Vasquez, Luis Colon, Alexis Valentin, Edrian Ortiz

Marching Band Colorguard

Vanessa Albino and Sarah Bartolomey

Jazz Band

Front Row: Juliana Lopes, Cassandra Ellis, Makenna Calvao, Kathleen Sprissler, Lillie-Marie LeClair, Sarah Bartolomey
Middle Row: Danny Lopez, Elielis A. Fermino, Anthony Casimiro, Luis Morales, Zachary King, Jonathan Mooney
Back Row: Director Timothy Mason, Jayden Santos, Matthew Laveole, Elliott Talley, Israel Osazawa, Walter Norcross, Edrian Ortiz, Owen Flanagan

Orchestra

Front Row: Daige Quiterio, Meredith Kelly, Tucker Duarte, Abigail Sprissler, Angeline Aguiriano-Carrio, Bryana Chumack
Back Row: Jess Welsh, Evean Lock, Ayva Faria, Xander Faria, Marshall McCarty, Messiah Ridgley II

Chess Club

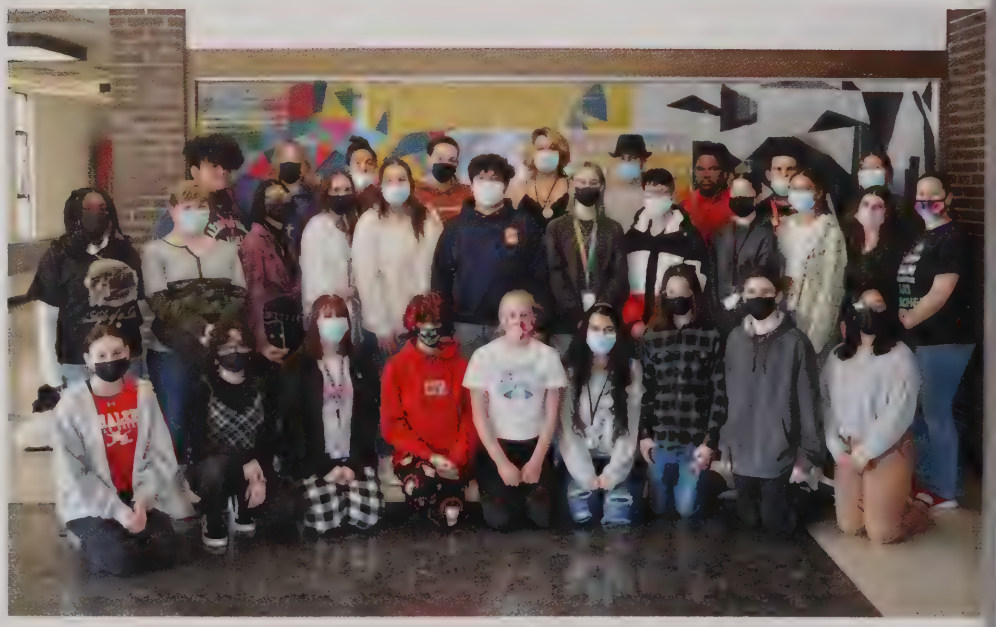
Front row: Adrian Correa-Orantes. Mike LaBelle, **Second row:** Kent Woodard, Shandaliz Rivera, Craig DeMelo (Club Adviser)
Not pictured: Alexsael Lopez, Devon Bouchard

Anime Club

Front row: Abel Mejias, Joshua Gracie, Devon Valente Costa, Isabella Marie Ramos, Jordyn Erickson
Second row: Kenry Myrthil, Adrian Hodges, Rhamees Martinez Rentos, Steven Goncalves-Monteiro, Crisean Jalen Dalomba, Ivan Robledo Espana

Art Club

First row: Savannah Laubenstein, Arianne Allende Driscoll, Altaya Lincoln, Adrian Aranjo, Hannah Blanchard, Mariam Hasab, Braxton Pennington, Ivin Bapties, Kimberly Jimon-Delacruz
Second row: Claudia Dorvil, Alexandra Racicot, Daniela Ayala, Ashlynne Rysz, Caitlyn Cordeiro, Nilzon Rodriguez Cordon, Mia Colangelo, Christian Lopez, Jaelyn Rodericks, Piper Reis, Kayana Venancio, Sponsor Alanna Boucher
Third row: Ivan Robledo Espana, Walter Norcross, Hai Le, Alexia Garcia, Avah Acevedo, Cole Baptista, Crisean Dalomba, Ricardo Araujo, Juliana Lopes
Not pictured: Jasmine Lucas Ixcuna, Jakyia Genereux, Derek Fountaine, Aaron Semedo Lopes, Dylan Charest, Trynaty Williams, William Simmons, Finn Briggs, Rayne Brindle, Angelina Sanchez, Yaritza Belen, Eliot Spooner, Isabella Ramos



Ambassadors Club

Juliana Melara Reconos, Janice DaCosta, Trinity Luiz, Adviser Judith Lima

Gender and Sexuality Alliance

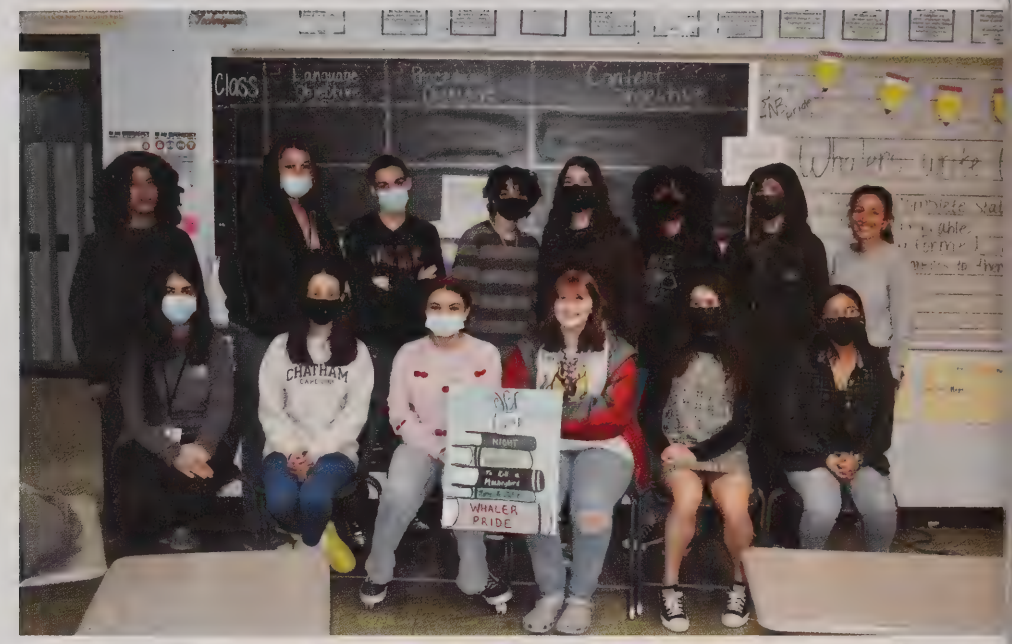
Front Row: Vincent O'Keefe, Bella Berry, Diana Machado, Ivin/Jackie, Madison Soares, Lillian Sequeira, Ryder Mulkern, Emory Cail, Finn Briggs, Kimberly Jimon-Delancinz. **Second row**: Cameron Flynn, Ashh Antunes, Olivia Ramirez-Berry, Adrian Aranjo, Isaiah Cinares, Taliyana Ferguson, Braxton Pennington, Raven, Lilly Perez, Juliana Gomes **Third row:** Chris Pedrosa, Sebastian Rodriguez, Ricardo Araujo, Avan Acevedo, Cherry Livramento, Sonia H. McKeehan, Liam Simmons, Ruben A. Martinez, Mr. Duelos Rickard

Great Outdoors Club

First row: Calista Pacheco, Saige Morro, Destiny Misay, Morgan Lopes, Navahni Perry, Kiara Pineda, Kelsey Nickerson, Emma Przybysz, Jucele Lee, Samuel Jupin, Christine Sebastiao, Na'kaylah Johnson. **Second row:** Sponsor Richard Huston, Sara Curry, Cynthia Torres, Gabriela Tsaliagos, Abbigail Niland, Abigail Perry, Sophia Perry, Lily Gonet, Joao DeSouza, Dinara "Dinny" Damirova, Owen Jupin, Lisbeth Rivas, Quilda Pires. **Third row:** Tess Tarpey, Tatum Reis, Savannah Laubenstein, Sydnee Ramos, Hannah Pereira, Mackenzie Baggs, Jenna Nogueira, Hayleigh Chenard, Jose Banilla, Alexia Rodriguez, Tari Pereira, Lillian Gray, Hannah Damasio, Kaylie Forgue. **Fourth row:** Nora Blanchard, Angel Cruz, Anderson Medrano, Sam Mosher, Kishan Patel, Tatiana Desjardins, Taya Carvelho, Yaritza Alvarez-Ayala, Jahndra Gomes, Yvonne Le, Sarah Silveira, Lauren Baylies, Annabelle Huston

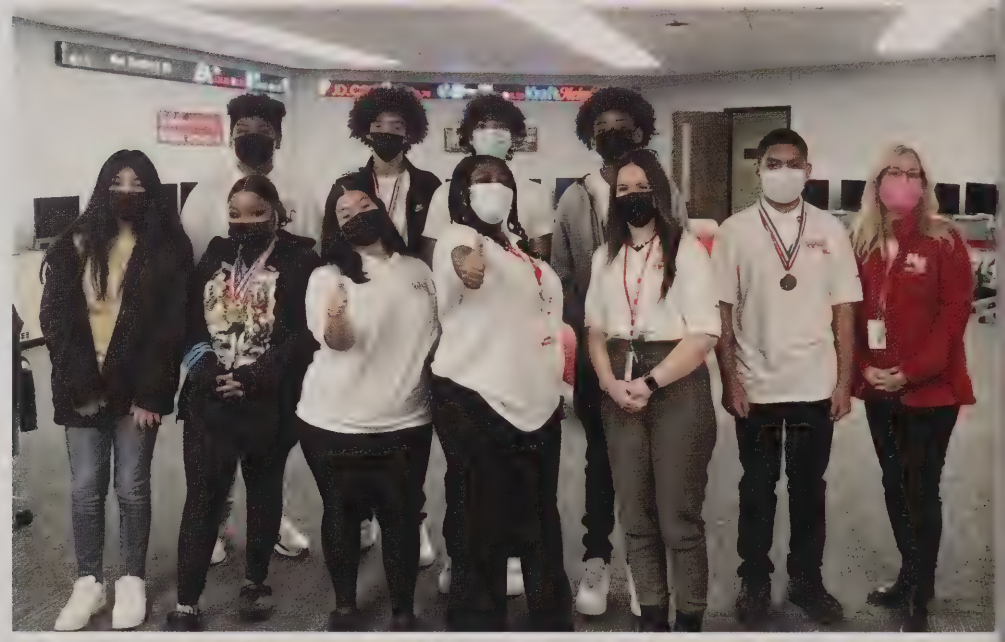
Book Club

Front Row: Mariam Hasab, Eva Politano, Maggie MacRamos, Tay Lincoln, Lena Morris, Haylee Saquie Ordoñez
Back Row: Luis Santana, Av Acevedo, Jadrian Mercado, Fin Gracia, Lauren Melo, Ketsia Nyonga, Jay Leite, Sponsor Bianca Vieira



Skills USA

Front row: Kimberly Tzoy-Morente, Rachelle DePina, Layla Torres, Claudia Dorvil, Co-Advisor Amanda Leite
Back row: Jonathan Vargas Martinez, Isiah Williams, D'Angelo Tejeda, Giovane Tavares, Jack Titla-Mora, Advisor Colleen Hall



Key Club

Sitting: President Abbigail Niland, Vice President Lauren Panaro
Front Row: Yaritza Alvarez-Ayala, Sophia Perry, Jorja Bowman, Emma Przysz, Jucele Lee, Olivia Viera, Jade Torres, Abbigail Niland, Lauren Paharo
Middle Row: Taya Carvalho, Jeremiah Bishop, Tatiana Desjardins, Tess Tarpey, Janice D. DaCosta, Fin Gracia, Julia Leite
Back Row: Tatum Reis, Aracely Valladares, Lauren Melo, Annabelle Huston, Nora Blanchard, Noah Figueroa, Dinara Damirova

Environmental Club

Jess Welsh, Sawai Vilayvanh, Sam Jupin, Lauren Panato, Jonathan Lawrence, Messiah Ridgley II

National Honor Society

Front Row: Phillip Tran, Jess Welsh, Kathleen Sprissler, Raven DeGrace, Abigiail Perry, Calista Pacheco, Christine Sebastiao, Daija Nunes, Abdiel E. Martinez, Sponsor Kristen Liming
Middle Row: Mason Ferbert, Hanan Nije, Isadora Ribeiro, Emma Gendreau, Jonathan Lawrence, Lillian Gray, Diego Serra, Kishan Patel
Back Row: Samuel Jupin, Alexia Garcia, Angel Cruz, Aydan Sullo, Quilda Pires, Sydni Colson, Jordan Graham, Tari Pereira, Ian DaCosta

Photo Club

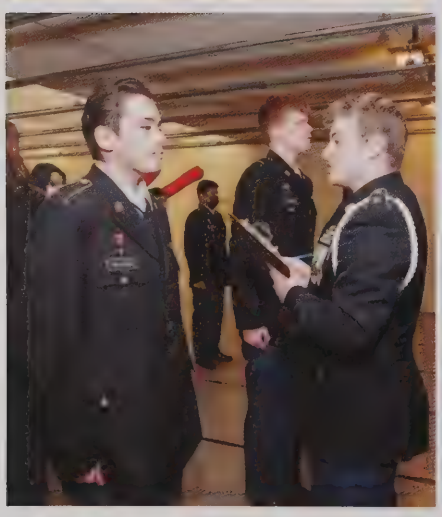
Front row: Trinity Luis, Jeremiah Bishop, Jaliyah Perry
Back row: Jayden Torres, Steven Monteiro, Justin Quintanilla, Bas Ta

The Whaler Post

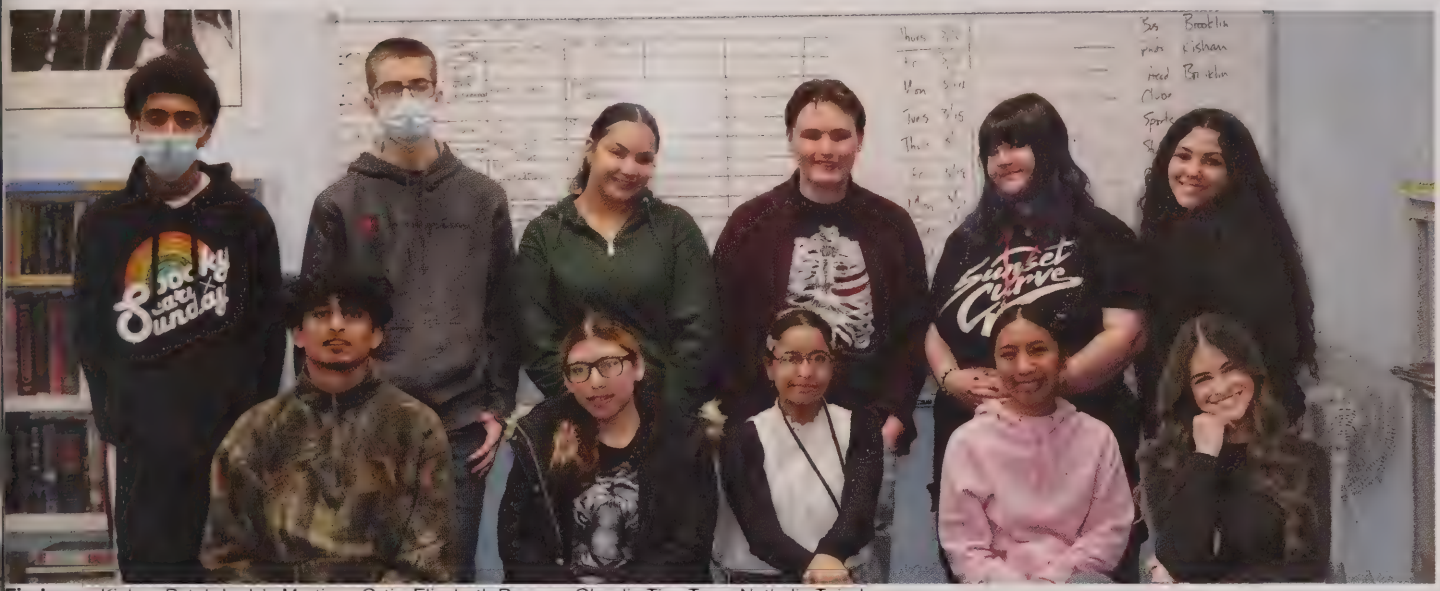
Jordan Graham, Sydnee Ramos, Ian DaCosta, TyAnna Fernandes, Vanessa Albino.
Not pictured: Emily Desouza, Isabel Morck, Karina Garcia Rodriguez

TheWhalerPost.com
Co-Editor-in-Chief: Vanessa Albino
Co-Editor-in-Chief: Emily Desouza
Webmaster: Tyanna Fernandes
Design Editor: Isabel Morck

JROTC



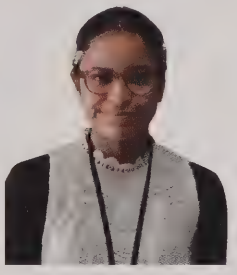
The Crimson Log Staff



First row: Kishan Patel, Joely's Martinez Ortiz, Elizabeth Raposa, Claudia Tino-Tzoc, Nathalia Tejeda
Second row: Geovane Rosa, Dylan Knox, Saige Morro, Mason Ferbert, Brooklin Henriksen, Isadora Sylvia-Ribeiro

Brooklin Henriksen
Academics Editor
Business Manager

Kishan Patel
Sports Editor
Photo Editor



Elizabeth Raposa
People Editor
Reference Editor
Student Life Editor

Mason Ferbert
Assistant People Editor
Assistant Student Life Editor

Saige Morro
Assistant Sports Editor

Isadora Sylvia-Ribeiro
Assistant Academics Editor

Colophon

The Crimson Log is the yearbook of New Bedford High School. It is produced by the students of the School Publications 1 and 2 classes and members of the after-school Yearbook Club. The adviser was Bretton Zinger.

The 8.5-by-11-inch book was delivered in mid-May. The cover uses four-color lithography with anti-scuff matte lamination. The pages are full-color on 80# matte stock.

The staff designed the pages on Dell laptop computers, using eDesign, the proprietary online program from Herff Jones, as well as the Canva app integrated into eDesign. The cover was designed by the yearbook staff. All fonts in the book are from the AHJ Livingston, Craft Gothic, Bodoni and Brice Handwriting font families. The cost started at $75 and rose to $100 after delivery. It was printed using offset lithography at the Herff Jones plant in Edwardsville, Kansas.

All studio portrait photography and nearly all sports photography is by Mare Studios. Candid photography is by the yearbook staff, yearbook adviser Bretton Zinger or Mare Studios. Abigail Rose Perry contributed photos of the student-teacher basketball tournament.

Additional work in the book is done by Sam Jupin, who was in the class for first semester.

Thank you to

To Pam Szaro for her continued support, encouragement and expertise. You were a steady voice of reason guiding us to completion of the book, as well as a source of ideas for budgeting and fundraising. And to the rest of the Herff Jones team, especially Shaylen Harris, our customer service representative.

To the NBHS administration and staff, especially Principal Bernadette Coelho and Assistant Principal Jeff Longo, for their support throughout the year.. To the house administrative assistants, especially Trina Strawn, for their continued help with identifying students and providing information to us.

To the entire NBHS faculty and staff for their patience and assistance with all manner of requests. We could not have included all the underclass portraits without the cooperation of the teachers.

To Mare Studios for their excellent photography, endless patience with minor questions and flexibility in scheduling. The book would be greatly diminished without your contribution.

And to the students! This is a book by and for students, and we thank you for your help in making it the best we could.

Boa sorte e tudo de bom to my Portuguese IV Honors students! Congrats and best of luck in all your future endeavors!

Ms. Pires Lopes

Seniors!

CONGRATULATIONS on your graduation!! Best wishes as you start your new journey. Remember, you are awesome, and your possibilities are endless. Dream BIG!
With love and pride,
Mrs. Hall

Robert,
You've gone above and beyond our expectations!
May all your hopes and dreams come true!
So very proud of you!
- Ms. Machado

Congratulations Class of 2022!

Bruce J. Oliveira
NB School Committee
Class of 1971

Congratulations Class of 2022!

Jon Mitchell

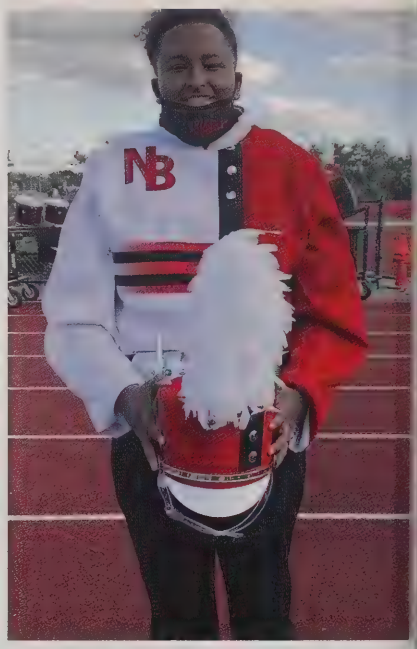
Mayor of New Bedford

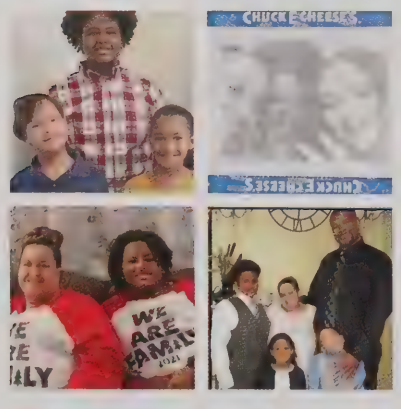
Jaiden Joaquim

We ALL love you and are extremely proud of you, of ALL you have done and all you will continue to do in your life.
NEVER LET ANYTHING STOP YOUR BEAT!

Now go and make interesting mistakes, make amazing mistakes, make glorious and fantastic mistakes. Break rules. Leave the world more interesting for your being here. Make good art.
- Neil Gaiman
You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go. -Dr. Seuss

We can't wait to witness your greatness,
With Love and Blessings,
Mom, Xavier, Phoenix, Nana, MeMe, Grandpop, Gigi, Titi, Auntie, Alina, Uncle Mark, Amy, Marcus, Lainie, Kayleigh,Jacob, Hanna, Za'liyah, Uncle Zack, Uncle Nick, Caleb, Auntie Kala, RoRo, Ry'lee, BK, Draya, Caca, Auntie Budge, Auntie Skye, Uncle Manny, Summer, Journey, Justin, Kurtis & Cameron





Tari Lotus Pereira

We are so proud of you !
Love, Mom, Dad and Seti

Congratulations

CLASS OF 2022!

NBEA

New Bedford Educators Association

Seven Hills
Behavioral Health
An Affiliate of Seven Hills Foundation

Excellence
NBHS

GEAR UP PROUDLY CONGRATULATES

THE SENIOR CLASS OF 2022!
SHINING LIGHT ON YOUR SUCCESS!

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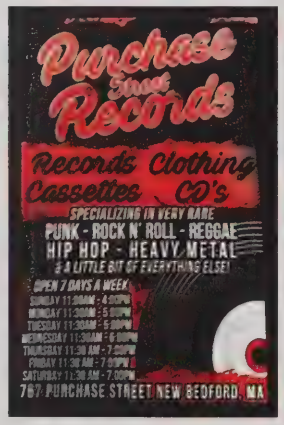

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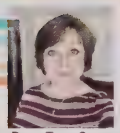
Congratulations!

Life is a journey, enjoy the ride!

National Honor Society Class of 2022, I am so proud of you all!

Love, Ms. Liming!

Autographs



Pam True Szaro,
Herff Jones
Yearbooks

Congratulations, to all students of New Bedford High School
from Herff Jones Yearbooks, and Pam True Szaro.

It has been our honor to partner with New Bedford High School Students, advised by Mr. Brett Zinger, to create this yearbook.

In spite of challenges, we have tried to record the events of 2022. Though perfect yearbooks are rare - we hope you will appreciate the hours and hours of time dedicated to the people and memories of this school year. Please celebrate your accomplishments, and always remember to thank those who helped you along the way!

Never stop learning!

NOW DREAM & BUILD YOUR
FUTURE

Me in 2022

Fill this out now, then check back each time you get out your yearbook

Favorite movie: _____

Favorite TV show: _____

Favorite band/singer: _____

Favorite hobby: _____

Favorite restaurant: _____

Favorite food/meal: _____

Closest friends: _____

Where I've worked: _____

Favorite subject: _____

Strongest subject: _____

What I won't miss: _____

What I will miss: _____

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NIKE
SPORT

We're all in

Despite our differences, we're all in!

We can use our unique qualities in the future, such as creating distinct thoughts depending on our origins, to expand our alternatives. As we know, varied cultural viewpoints may stimulate creativity and drive innovation.

We've all made it through Covid, and the changes have had a large impact on our lives. Understanding the consequences has helped us adjust faster, and we'll keep doing so in the future.

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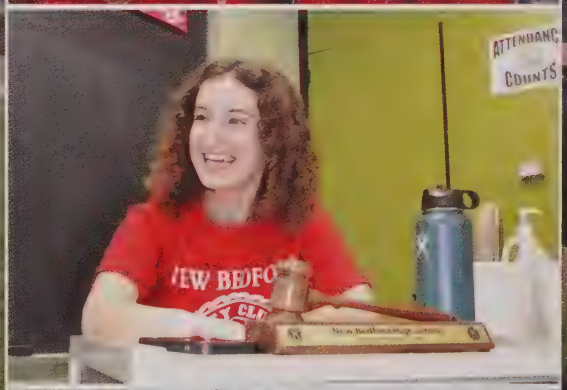
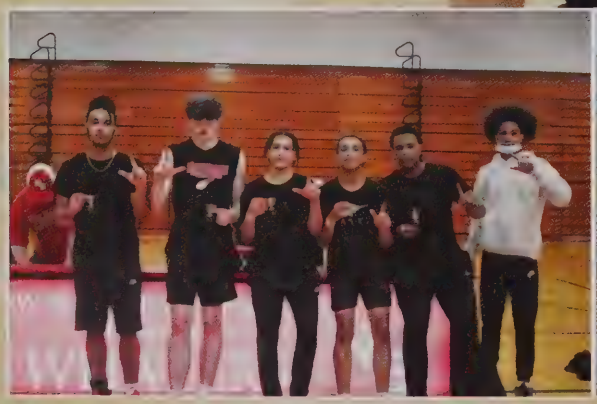


We're all in

We have learned to adjust to new people, new locations, new responsibilities, and new situations during our high school years, which has been proved.

We're all in, and we'll stay that way. For the rest of our lives, we'll be Whalers. That is something we must remember!



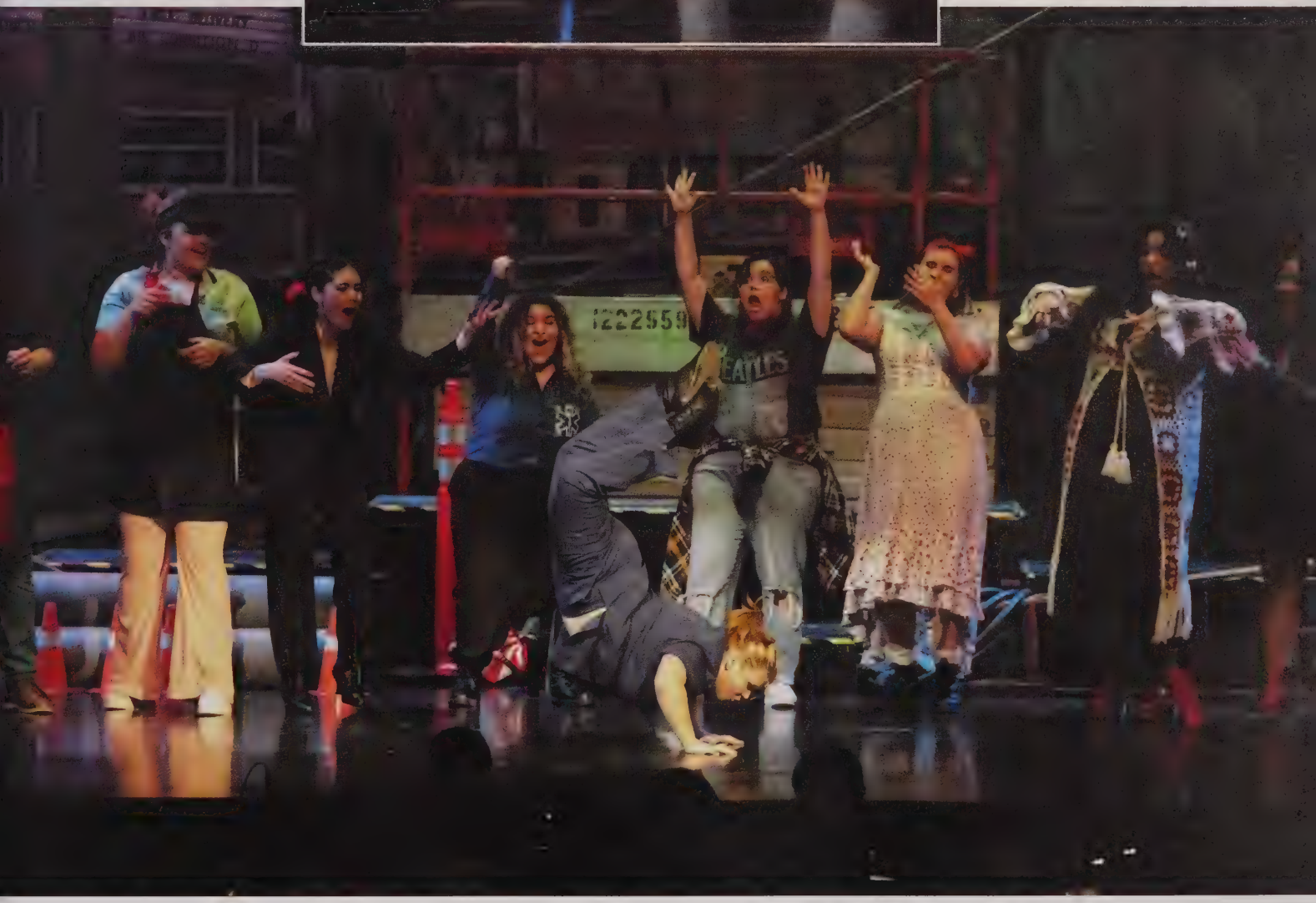
WHALERS
14
45

We're all done

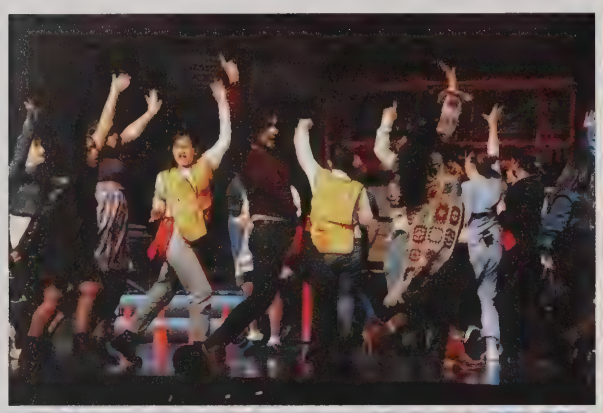
Junior Makenna Calvao is all in as drum major, firing up the marching band during their halftime performance on Oct. 8, during the game against Barnstable.

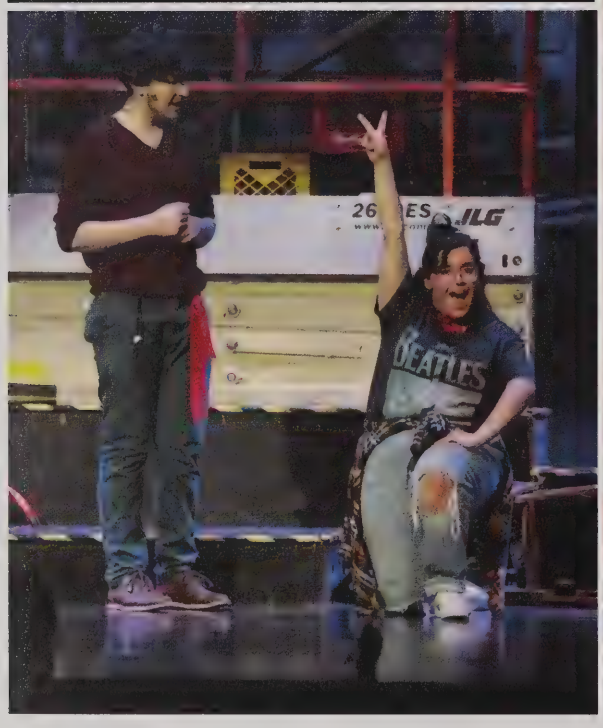
We're all in

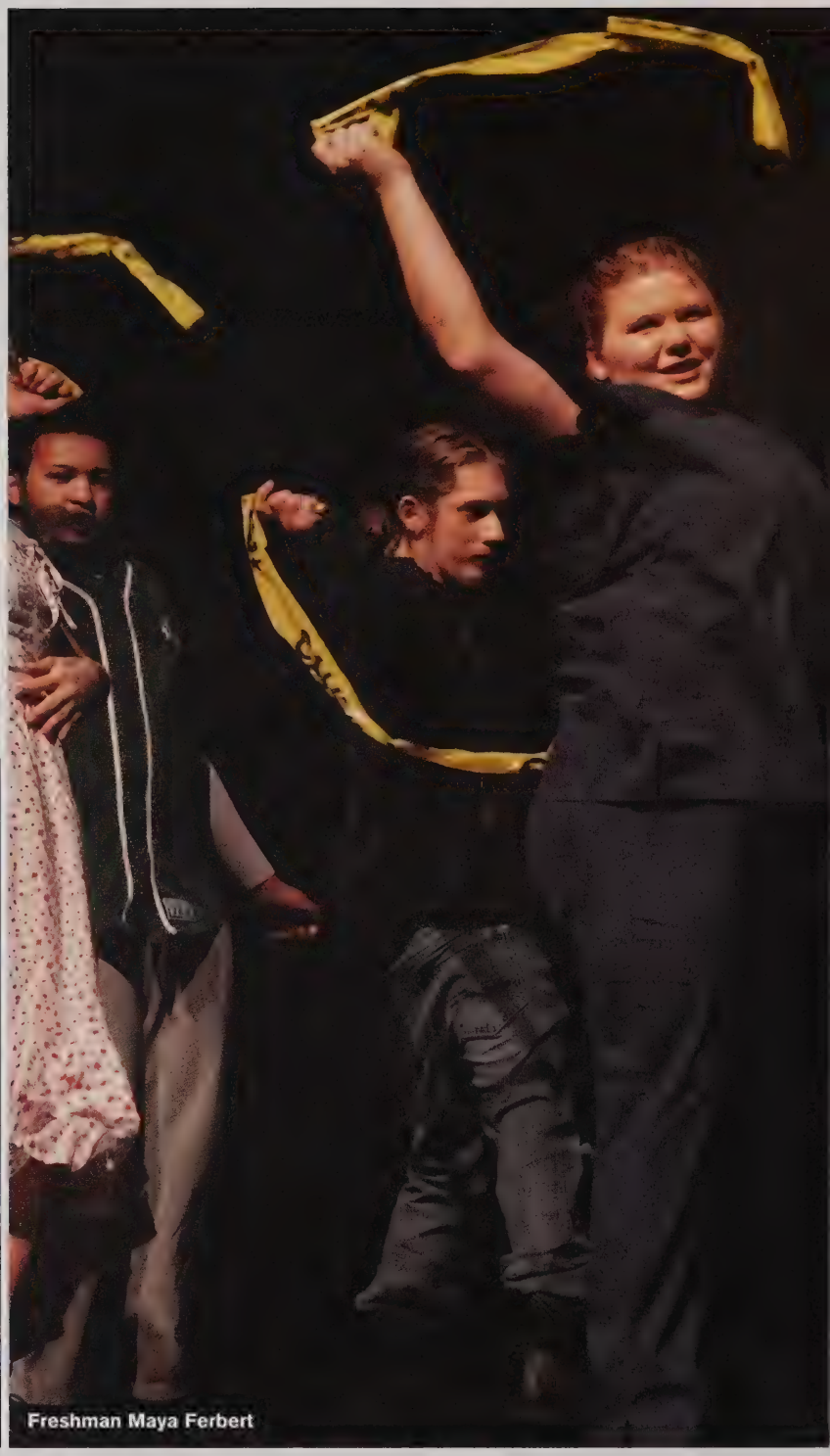
2022
Spring
Supplement



Aydan Sullo (in burgundy sweater below), senior and drama club president, played the main role of Jesus in "Godspell." "Throughout our fortifying rehearsal process, the NBHS Theatre Company has fostered an uniquely special community. In exploring the beautiful work of Stephen Schwartz's 'Godspell,' the dedication of our cast and crew is a spectacle of this bond. The overarching concept of innate leaders inspiring those as followers to then become leaders has embedded itself in our club," Sullo wrote in a Teams interview.



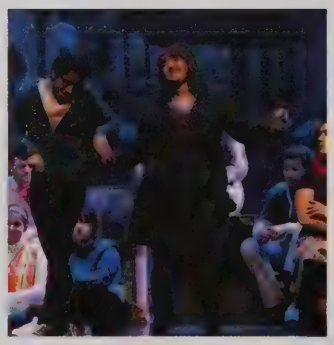




Freshman Maya Ferbert

meet the SENIORS

Cierra Melo



Brooklin Henriksen

Sydni Colson

casting A SPELL

Drama students shine in 'Godspell,' the spring musical

By Brooklin Henriksen

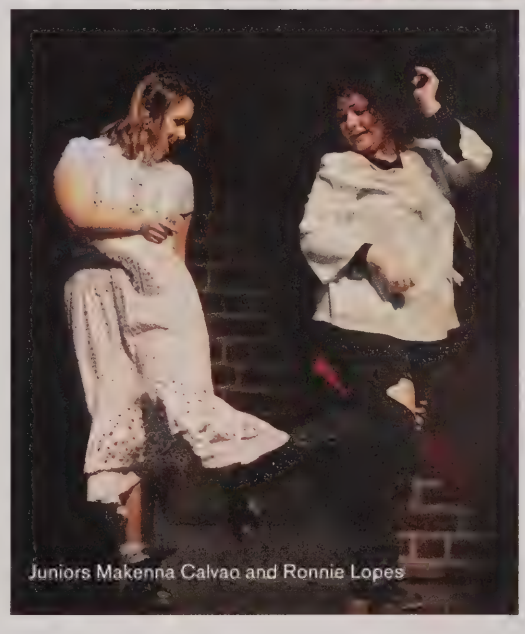
The second weekend of April, the Drama Club presented to audiences the 2012 revival of "Godspell," with music by Stephen Schwartz and book by John-Michael Tebelak., in the NBHS Bronspiegel Auditorium.

Godspell follows Jesus Christ in recruiting a group of hopeless strangers waiting at a bus stop to learn and spread his messages of love, hope, kindness and tolerance. This group helps Jesus to tell different parables by using a myriad of games, storytelling and just enough comedic relief.

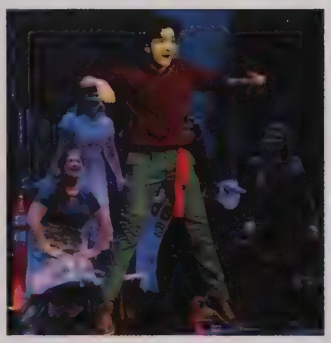
Each character has their own song that is unique to their character's journey in following Jesus, no song sounds like the song before. .

Due to the multitude of drama club members with an array of strengths, the directors felt it was important to find a musical that could showcase everything they have to offer.

"We chose Godspell because of the flexibility in casting and staging, but working on this show has been a beautiful gift with which to re-introduce musical theater performance to our students. The universal message of love and community is so perfect right now, and we have very much enjoyed tackling this text. Many of the students featured in this show are performing on our stage in a musical for the first time. You'd never know it though; these students are super talented and are always giving it their all," said co-director Sarah Cadieux-Pacheco about her reasoning for choosing this show.

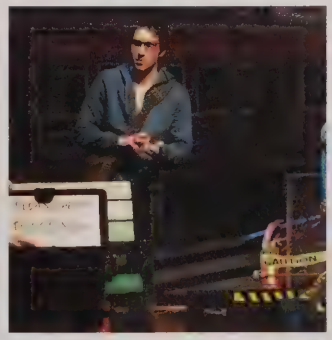


Juniors Makenna Calvao and Ronnie Lopes



Aydan Sullo

Isadora Sylvia-Ribiero



Samuel Jupin

playing TO THE CROWD

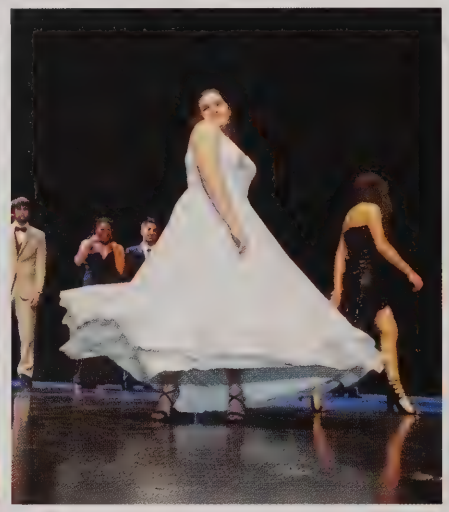
Mr. Whaler returns and earn big response

Mr. Whaler has been a staple of New Bedford High School for many years. The last two years sadly our high school tradition has fallen to the wayside as a result of Covid.

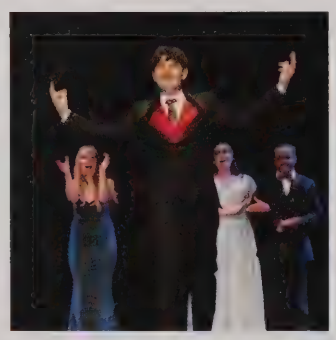
Teacher Ronald Aguiar was one of the show runners and said, "[English teacher Lisa] Walton and the class officers felt that it was important to bring back the tradition of Mr. Whaler in order to embrace our Whaler Culture here at New Bedford High School."

Mr. Whaler this year was jam packed with various unique contests. This year's winner was Diego Serra.

Aguiar said, "That's the beauty of Mr. Whaler, as it represents how diverse and talented our students here at NBHS are."



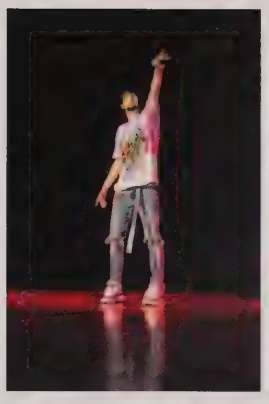
Who were the Mr. Whaler finalists?

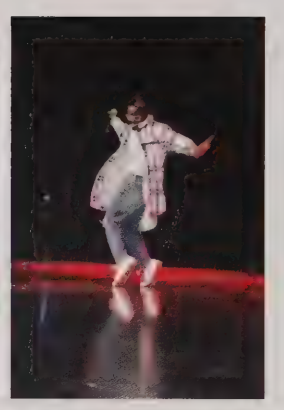


Mr. Whaler Diego Sierra

First Runner-Up Sam Jupin

Second Runner-Up Abdiel Martinez

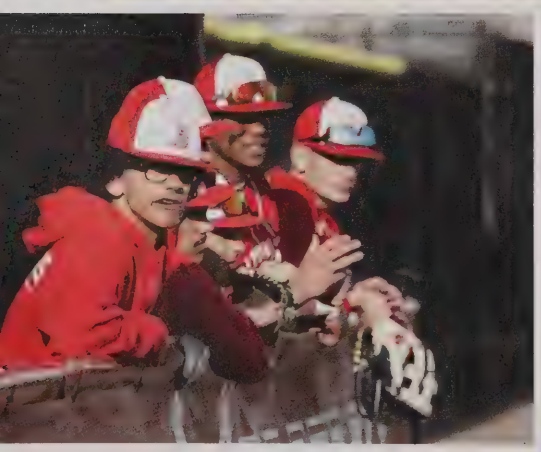




fitting like a GLOVE

all in with the captains

"[My goal was] to put us in the best position to win and be a leader, and basically that everyone wants to win. And they love being a part of the team to finish off the games and winning the tough ones."
CJ Dunston, senior



captains

"I see myself teaching the young girls, but teaching them life lessons that they can use. The last couple of years we've gotten to grow as a team but also as individuals. The biggest challenge is trusting each other, and working well together is difficult."
Lillian Gray, senior

PITCHING *in*

leading by EXAMPLE

all in with the seniors

"I try and get the ball around when I make a save. My favorite thing is that I can see the improvement after every game. We listen to some hype up music before games."
Luis Jael Lopez, senior

"The way I make everyone feel included in the team is by asking them to join up with me when we do scrimmages or invite them to my passing group, always joke around with them and make it a fun experience all round but also go hard at practice. My favorite thing about the team this year has to be how close everyone got with each other. We are all comfortable about talking about our issues without fear of being made fun of. I think that's a key element to having a fantastic team synergy. The techniques I've used to motivate everyone is by not going easy on them no matter the circumstances. The best type of motivation is when they have goals every day. The urge to win keeps them motivated and ready."
Anderson Medrano, senior

"I speak with my teammates daily outside of practice, and while on the field I'm always communicating with the team as much as possible. My favorite thing about our team is the connection between the coaches and players. I have tried to criticize my teammates in game, in practice, as well as off the field. I try to help out the younger players, so they can have a successful season when in my position."
Jack Langley, senior

STICKING *with it*

what a RACKET

SERVING *it up*

on the right TRACK

By Claudia Tino-Tzoc

The boys track team had high achievements despite their low number of athletes.

"Four of us boys have recently been awarded a medal in the 4x1 relay at an invitational meet, but we have also had a lot of people leave the team and we do not have enough to fill a lot of events," said sophomore Edenilson Semedo.

The team experienced fun and tough moments adding onto their achievements for a great season.

"We won the 4-1 and won a second place medal. We have fun times every day and tough moments, and we have a lot to improve," said junior Jahzed Sierra.

Players individually practiced outside of team practices to improve themselves to then help the team as a whole to succeed.

"I practiced running outside of practice more to better myself and the team's record," said freshman Elliot Talley.

take it on THE RUN

bringing athletes TOGETHER

teamates

"We have had about 3 meets so far and will attend sectionals. we have a meet every week and they last about an hour and a half. I joined because I did unified basketball and it was so fun hanging out with the other kids so I decided to join track too. I favorite part working with this group is seeing them being competitive with the other teams but still helping them in the events even though their on different teams. Its not something you see often in other sports."
Dajia Nunes, senior

"(Unified basketball) was an opportunity to collaborate with peers and I enjoy basketball. Once basketball season was over I had so much fun, I wanted to also be a part of the unified track team. Usually practices are an hour long. Our team's method of collaboration is teamwork, positivity and communication."
Alexis Rebello, freshman

By Elizabeth Raposa

Unified track is a squad that includes people with and without intellectual disabilities. The team is made up of numerous kids from across the student body, demonstrating the diversity of New Bedford High School's school community.

"I decided to coach the unified track team because it is a fun activity for students to participate in after school," said Coach McDavitt.

"I thought it would be a fun activity for the students to participate in after school," said Coach Renauld.

The teammates continue to be involved in a variety of ways.

"I was encouraged to join the united basketball team after observing my friend help and work with the kids," Daijah Nunes said. "I was inspired to join the unified basketball team because it was an opportunity to collaborate with peers and I enjoy basketball."

"I was also in unified basketball so the person who runs the program invited me to participate in the track program, which I did.,"" Philip Tran said.

Coach McDavitt said that teammates continue to participate in "practices, games, and some are even on the unified basketball team," which competed in the fall.

Individual duties are assigned to the kids who work with the team; some attend practices, others attend track meets, and still others assist with the modified physical education classes.

Teammates collaborate in meets by measuring activities, putting down scores, or physically completing events, showcasing how teammates collaborate by teaming up for practices and games. Both coaches remarked that they like seeing and working with the pupils having fun with each other.

Coach Renauld said, "They always bring 100 percent effort, positive attitudes, and all-around good vibes."

Individuals who work in teams can interact with others who bring a wide array of experiences, viewpoints, and ideas, demonstrating how diversity in sports encourages innovation, unique perspectives, and new chances. In this approach, their differences can help the team and the company as a whole achieve better results.

order on the COURT

SPRING SPORTS TEAMS

Boys Volleyball
Front Row: Sam Mosher, Andre Santos, Ryan Dosenberg, Kishan Patel **Row 2:** Jake Giosa, Jaiden Gomes-Watson, Andre Maldonado, Zachary Letourneau, Ronis Ayala **Row 3:** Coach Ben Katerle, Carter Barbosa, Edson Tavares, Dilson Teixeira, Januel Acosta, Connor Silva, Chris Medeiros, Coach Joel Gomez, Coach Justin Medeiros, Coach Bobby Tetrault

Girls Track
Front Row: Madalena Morris, Hannah Damasio, Vitoria Perry, Deisy Rivas, Lilian Brine, Keyanna Jones **Row 2:** Ollie Costa, Sadie Viveiros, Jucele Lee Diaz, Julia Amaral, Kaylie Forgue **Row** 3: Coach Isaiah Houtman, Keira Cabral, Ketsia Nyonga, Juliana Fernandes, Victoria Arribada, Na'kaylah Johnson, Coach Krystal Souza, Coach Chelsey Benoit

Softball
Front Row: Jenna Nogueira, Sydnee Ramos, Lillian Gray, Abby Perry, Sophia Perry **Row 2:** Coach Gray, Ava Kaplan, Janaeja Greene, Hayleigh Chenard, Endylise Cartagena, Lauren Mitchell **Row 3**: Lily Gonet, Amelia Davis, Annabelle Huston, Coach Cruz, Coach Lowe

Girls Tennis
Front Row: Daniella Costa, Jalysa Noriega, Sofia Beltran, Emma Gibney. **Row 2:** Coach Caitlin Sentes (Coach), Madison Rodrigues, Megha Patel, Angel Lin, Autumn Frias-Martin, Maria Oliveira, Cassie Martins

Boys Tennis
Front row: Giovanni Barros, Danny Lopez, Micah Ortiz, Lars Faria, Ethan Ramos **Row 2:** Jack Harding, Hugo Jacob-Reig, Max Veiga-Gomes, Michael O'Leary, Joao DeSouza, Luke Ferreira, Owen Jupin, Coach Michael Gryss

Boys Lacrosse
Front Row: Samuel Zhang, Michael Lopez, Hiram Gonzalez, Anderson Medrano (Senior Captain), Jack Langley (Senior Captain), Anthony Estrela, Misael Gusman, Jack Titla-Mora **Row 2** (standing): Samuel Pendergast (Head Coach), Jordan Debarros (Coach), Dylan Pemberton, Carlos Pacheco, Brandon Moreira, Edrick Delgado Reyes, Luis Garcia, Jesus Cepeda, Christian DaSilva, Hakim Freeman, Cam Henrikson. Jan Bonilla, Oliver Guilfoyle, Mathew Pereira, Ian Souza, Gavin Parent (Assistant Coach), Chace Allain (Assistant Coach), Chad Sprague (Coach)

Boys Track
Front Row: Jayden Woodbury, Kevin Gomes-Fontes, Luis DeLuna, Brandon Saint-Louis, Christian Reyes, Elliott Talley **Row 2:** Matthew Lavoie, Michael Bilodeau, Edenilson Semedo, Jahzed Sierra, Fernando Polanco, Demetri Fontenelle, Kevin Ayala Manso, Coach Anthony Zhang

Girls Lacrosse
Front Row: Tari Pereira (Captain), Sara Sandnes, Kennedy Franklin (Captain), Nora Blanchard (Captain), Calista Pacheco. **Row 2:** Vanessa Bucha, Emily DaCosta, Hannah Blanchard, Gabriela Tsaliagos, Saray Rios, Alexia Thompson. **Row 3:** Coach Dan Andrade, Coach Courtney Lima, Annette Bennett-Tucker, Georgia Logan, Hannah Periera, Mackenzie Baggs, Tatum Reis, Tess Tarpey, Ashlynne Rysz, Head Coach John Mosher, Chris Medeiros, (Manager), Coach Nathan Mello

Baseball
Front Row: John Walsh, Ranen Goodine, Jordan Graham, Benjamin Frenette, C.J. Dunston, Diego Serra, Benjamin Cortes, Elijah Carpenter **Row 2**: Coach Seed,Coach Grande, Aaron Pimental, Joseph Castelo, Payton Beaulieu, Amari Harris, Anthony Diakite, Kyle Pisz, Isaiah Silva, Matthew DeRosa, Calvin Cruz-Duarte, Coach Sylvia, Coach Bennett

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